

Embracing an Ascended Life

A Series of Twelve Energy Transmissions



*Message Ten: Anchoring in Self-Ascension
Through Wisdom Teacher Sri Ram Kaa & Angelic Oracle Kira Raa
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Yes Hello. Beloved Being of the Divine Oneness and Light and Joy, it is a great celebration indeed to share this sacred time with thee today. As we are here today, it is a momentous occasion indeed. It is a momentous occasion indeed because you are at the time of the Divine remembrance and the Divine reunification, all rolled into one little bundle. What a recipe indeed!

The Energy of Self-Ascension

And as we bring forward this great gift, and this great energy of this time, and as you embody the energy of this time, beloved children of this world, it is imperative, and we offer this word *imperative*, to simply offer to you once again an understanding of what it is to be in the process of Self-Ascension. So many have now offered to themselves an opening, a gateway, a portal in the energy of Self-Ascension, and so many are now actively using the words “As-cension.” It is important to understand, beloved ones, that as you move forward into this time [lights in the temple flash on and off], all is illuminating, is it not. Yes! We hope you enjoy this. [Much audience laughter.] Sometimes you say, “Give us a sign!” OK! And sometimes then you say, “then give me another, and another...”

Where Is Your Anchor?

It is imperative beloved angels, for indeed you are angels, for you to recognize that in holding the energy in the portal, in the opening of Self-Ascension, there is a great anchoring of spirit that occurs when one holds open the portal. To anchor your spirit is indeed different than you may think of anchoring a boat. When you anchor a boat, you throw out the heavy weight and you dredge the bottom, do you not? Yes, and you say “stick, stick, stick.” And so many are anchoring their spirit in this way. This is the attachment to what many call the traditional chakra system of the first chakra, the root chakra.

So many are anchoring deep, dredging deep into pain, recognition, habitual energy, and this is OK. Sometimes in order to weather the storm, you must drop anchor and just hold on baby! Many are dropping anchor this way, many are dredging, many are going to hold on very, very tight for the storm, and just say, “OK, I have found my spot, it is here, I shall stick it out.” Good. Now we implore you, we ask you, what beloved ones and where beloved ones is your anchor?

The Dogon and the Ascended Heart

You see beloved children, many eons ago in this world, in this world that you call Gaia, there was as a tribe that is still here today. Many of you call them Dogon*, and the Dogon were seeded with the energies of Tu'laya and Su'Laria. And many of you, when you were still in full form in Su'Laria, came in what you would call ships. You came in this way so that you were able to offer to the Dogon a tangible method of creating understanding, for they were in this world already holding an energetic opening for the illumination and the growth of many other beings.

Many were here, however the Dogon are one of what you would call the original seedings of this world. For many millennia, they have held closely this understanding of what the Ascended Heart energy may look like. In your quantum physics, scientists have been looking at the mitochondria and the mitosis of the cells and how the cells divide, and how they look. Beloved children, in the understanding of quantum physics you will find that the Dogon have been painting your Ascended Heart for eons. You will find that the Ascended Heart resembles many of the drawings that many still do not understand, and that your quantum scientists are just now beginning to reveal.

Hidden, and no longer hidden, is the truth of your ascended energy. ***Hidden and No Longer Hidden.*** Hmm. We play fun with that, and we hope you do too. We offer it to you this way because for many eons the Dogon have held a sacred vow of silence. They have been very, very, astutely aware of their own illumination. When each is astutely aware of their own illumination, it is not necessary to be so verbal with others about it. Oftentimes, the ones who are the loudest are the ones who are the most afraid.

Choosing Your Anchor

Beloved children, we encourage you as you move forward in your illumination, as you allow your own Self-Ascension to open and reopen, to be hidden and yet no longer hidden, as you allow your Ascended Heart to come forward, what do you choose to be or anchor? Perhaps you may choose your Ascended Heart. In the energy of the Ascended Heart there is no need to dredge at the bottom of a lake, for indeed you are an angel floating over it, showering it with love. What would the lake prefer, a deep dredge or a shower of love? Both can assist. Sometimes you need to dredge the lake to stir up what's hidden, to let other new energies reveal themselves, and sometimes you need to sprinkle a shower of love for healing. Both energies can coexist beloved ones. It is its coexistence that is most important to share with you today.

You are at a great powerful time of many storms, many storms, and these storms are coming in many powerful ways, and the wind will blow in many directions.

*Will your heart blow with the wind, or are you able to be anchored and let the wind simply blow around you?
Are you one day in love with one concept, and one day in love with another? Do you vacillate in your truth?*

Beloved children, you can either be the wind, you can allow the wind to cleanse you, or you can simply witness the wind around you. There are many choices. There are many choices, and it must begin with your anchor.

And so anchor beloved children, and as you are anchored in the energy of, say for example the Ascended Heart, then that anchor beloved children is an opportunity for you to simply be. To simply BE.

The Truth of Your Illumination

In your illumination, similar to those that we have mentioned today known as the Dogon who are becoming more and more well known now, it is important for you to recognize that in order to fully embrace the Self-Ascension process, you must have an anchor. Your anchor must be firmly, firmly, firmly, firmly, very firmly cast. Settled. Prepared. You see beloved children, oftentimes in your illumination you become preoccupied with the illumination. I'm illuminated by my illumination, and so you become very chatty and you become very obsessed, and perhaps even habitualized in following a need to know. And so we encourage you to ask yourself this: *What is it you need to know? Is it coming from an anchor that is cast in a deep root center, or is it coming from your heart?*

Beloved children, we adore your questions, we adore your search for recognition of where your anchor is, and when that search truly comes from a heart that is anchored in sincerity, we will answer question after question after question after question because it will further assist your illumination. And so beloved children, you must ask yourselves in your own discernment, when you are asked question after question, are you being asked from a sincere heart that is seeking to find an anchor, or are you being asked simply because there is a habit of energy that seeks to be right, confronting what you are being? Take this one in.

Recognizing Doubt

It is a very powerful lesson when you are able to recognize that the search for search purposes only has already anchored in a root chakra, that is interested in being present only to the root chakra. Good. Let it be. When one is questioning simply to question, perhaps one of the greatest gifts you can offer to that one is an opportunity to witness your presence, to witness your truth, to witness your love, to witness your recognition that doubt no longer exists within your beautiful being.

You see beloved children, we have mentioned this before, have we not, doubt is what causes separation. When you doubt yourself, when you doubt the world around you, when you doubt the expressions of all that are happening, when you question for question's sake, this is when the energy of separation comes into you.

Beloved children, it is a good thing when it happens. It is important to say wow, look at that doubt, there it is again. Thank you beloved doubt, I am grateful you are here. Thank you beloved doubt, because now I can say OK! Done with you. Thank you. And you must thank it, or it will come back in many ways, will it not?

It is important to be present with yourself first. Present with your own self-fulfilled beingness first. Invoke to yourself whenever you feel out of balance, unstable, unfulfilled. You must begin with thyself: *Where am I doubting? Show me beloved Light.* You command the energy in. *Beloved Light, show me where is the doubt.* You will find it, if you don't doubt that you found it! Is that not a precious gift to know. I am doubting that I doubt. Uh oh.

Calling Forth Your Anchor

And so, as you gift yourself with releasing ever more doubt, every moment of every day, then you call forth your own anchor, and it does not matter beloved children where you find your anchor. We have offered to you two



possible anchor points. What we can offer to you is that there are other anchor points. Some will anchor in what they call the traditional second or third chakras also. However, you have a body, beloved children, do you not? Good, OK.

As you have this beautiful body, when you allow the anchor of the heart to stabilize, when you keep bringing yourself there, then you are open to the cosmic interpretation of all wisdom that has ever been. The synchronicities will be powerful. You will find abundantly that the doorways are all open because you have released the doubt that they would not be.

Beloved children, how many around you are in pain, come to you often, “I am in pain, I am in pain, I am in pain.” Can you love them enough to assist them to understand that perhaps they love their pain? This is a hard one to say, is it not, in the world of density? In the world of density so often it is misunderstood, so often it is, “OK, poor baby,” and this is good too. So do you wish to have a poor baby, or do you wish to have an empowered being? Both are good. Sometimes you must all play the poor baby role, for without being in the poor baby, how could you ever understand the empowered beingness that you are? Love that baby, love that child, love that one who says, “I need it to be about me right now, me, me, me, me, me.” You can say, “OK, poor baby, I am here for you now, and when you are ready, it would be a beautiful gift to share, would it not?” Then they, beloved children, must come to you.

Your Illumination and the Great Storms

In the time of the great storms, you will want to run and tell many. In the time of the great storms, you will want to share your illumination. *The greatest gift you can offer in the sharing of your illumination, is the integrity of your life today. Every moment, every hour, every minute, every second, every second within a second is the gift you share. Your presence is the gift. You wish to understand Self-Ascension? It is the presence. It is the consistent presence. It is the recognition that doubt can not exist in a vessel that was Divinely gifted to one with pure light and love, that you are the glorious being here emanating at all times, not just occasionally from 3-6 on Wednesdays. It is important to understand this. Every minute, every second, every second within the second within the second, you are the precious illumination of all that has ever been.*

The Steps of Self-Ascension

And so beloved children, we offer to you once again, the **Steps of Self Ascension**, and we revisit them with you today because it is a gift to revisit often that which we feel we already know. For each time we revisit that which we feel we already know, we have a greater understanding, greater recognition, greater utilization, greater integration, and less doubt. For you can celebrate and you can recognize, you can stand firm and you can share. You can be in the joyous gift of recognition with all around you, about you, through you, and with you.

Step One: Be In Union

And so beloved children, in no specific order (for those of you that still would like the brain to know) we shall offer to you again, Step #1: **Be In Union**. Be In Union. Beloved children of light, Union is when you are able to gaze into the mirror and say with great integrity, “I love you, thank you. I adore you, thank you. You are a gift. You are the celebration. My heart sings to thee with great gratitude and abundant joy.” This dear children,

is to Be In Union, to see the Divine within yourself, all-ways, without any doubt. To all-ways be. This is to Be In Union.

And so, as you are in union, you recognize the Divine within, which means your eyes are on the Divine all-ways, are they not? And sometimes those eyes come forth with floods of tears. As you gaze into the mirror and say, "I love you," what a gift, what a gift, what a gift. Oftentimes water is a great purifier, is it not, and so allow this gift to come forward for thee, in all ways. And so, Be In Union beloved children. It begins right with you in all-ways. It is your union with this beautiful vessel, the peace that comes from the recognition that this vessel is a great gift and that you are still here to look into the mirror. Yes! And so whatever must come, let it come, be it tears or joy or laughter. Whatever you experience when you gaze into the mirror, let it come, let it be, for it is the gift of union.

There could be no greater gift than the absolute knowing of your Divine presence without any doubt, without any doubt. And when you are in that moment without any doubt, you should dance. Yes!

Celebrate every moment you are without doubt, and then celebration becomes your life. Celebration becomes your life, even if you begin with little baby steps and you celebrate one minute of one week, next week it will be two. And then all of a sudden, it's an hour, and a day, and a week, and a month, and then it's just you. You are in union all-ways without doubt.

Step Two: Surrender

And are you dancing enough? That would be a lot of dancing, would it not? Yes! And so we shall mention another step. **Surrender**. And so beloved children, surrender. And as you surrender, recognize that to surrender is to empower your heart with the great gift of all that is. Surrender is not a giving away of anything, it is a calling to of your Divine wholeness. Call to yourself Divine wholeness.

How could you call Divine wholeness to yourself if you are unable to look into the mirror and say, "I love you." And so practice. Practice. And you know what we love, a saying of this world: "Fake it till you make it!" Yes! You can look in that mirror and fake it till you make it! And then the surrender becomes effortless does it not? Because you recognize that every step is guided by those who love you. Every step you instruct this body to take is being done with Divine intention, Divine love, and Divine recognition that without any doubt the bridge will always appear for you beloveds, when you surrender.

In this world your choice was to make it a little hard, no? A little difficult. And yet, you can shift that choice in the moment. **In the moment**. When is enough difficulty enough difficulty? When is enough struggle enough struggle? When is enough lack enough lack? You see beloved dearest children of this world, we adore thee, we love thee dearly, and we invite thee to allow your precious brains to relax and understand-- it is that simple, choose joy! Period. Done.

And yet the brain says, "oh no, must have drama." OK. Whatever you decide. Choose joy. Period. Simple. And when you breathe that in, that is the surrender. Surrender the need for it to be difficult, accept joy in simplicity. Beloved children, your world is very simple to be joyous in. It does demand that you allow it to be. That's all! You are that powerful!



I allow joyous simplicity in my life now! I allow abundance in all-ways in my life now. I am a Divine creator unified in the energy of Self-Ascension, and all is always gifted to me.

What would it take for you to accept that? Perhaps we can offer you little homework yes? OK. Perhaps you wish to revisit these statements every day for one month, with Divine clarity morning, afternoon, night. Morning, afternoon, night, for 30 days. Just try this little experiment, and perhaps you will find ease, flow, lack of chaos and drama. Perhaps some of you will find, “but I like my chaos and drama, give it back to me!” OK. You’re not ready, it is OK. You are ready on your time, we simply offer you a guidepost for when you say, “OK, my turn.” Love those whose turn it is not yet. Let them have their giftful process so that they will know when they are ready too.

Step Three: Unconditional Love

Beloved children, feel your heart centers, feel your heart centers, for we offer you the next step: **Unconditional love**. Breathe this in, for it is a gift we send to you as a ray of golden light in this moment. The unconditional love of the universe that flows through all that you are, all that you have ever been, and all that you will be. The unconditional love of the truth of your precious presence. The unconditional love that heals all wounds and lets the mind chatter relax. The unconditional love that brings forward a life of Divine simplicity fully surrendered to be in union. Do you understand beautiful children? We know you do! Relax. Yes.

You see beloved children, once again unconditional love is not a concept, it is not a question, it is not a how-to manual, it is a gift you accept or not.

And so we have offered to you a ray of unconditional love today. It is our gift to you, as you are walking through the storm of this time. Yes. Are you ready to accept it? It is that simple. It is not an esoteric exercise in mind chatter, we do not need a *Webster* definition. Unconditional love is a gift you accept or not. You do not need to do anything, you already ARE that, you are the unconditional love.

Step Four: Release Judgment

Beloved children, as we share that gift with you, we bring you to the final step: **Release judgment!** It is important to understand, beloved children, these steps are indeed a circle, are they not? They are a circle that you have seen many times. You have seen it around a pyramid, you have seen it in many forms, you have turned it into a spiral, you have danced with it, you have played with it, you have worn it, you have shared it, you have been it, you ARE it. You are the circle. You are the circle. And as you release judgment, you already know beloved children.

When you gaze into that mirror to be in union, also release all judgment. All judgment of not only what you see in the mirror as a body, what perhaps you’re seeing reflected back to you as your life, as those around you. Can you release judgment? Beloved children, we offer you this, to walk in the path of Self-Ascended energy initially may seem difficult. Oh my goodness, you mean I have to let go of doubt, uh oh. Oh my goodness, yes.

The Ah-ha! Moment

You see beloved children, it does not matter if the doubt or the judgments or the control mechanisms come forward



to maintain judgment. It does not matter. To truly walk in the gifted essence energy of Self-Ascended energy, it simply means you understand when these energies come forward that they are great gifts.

Can you see it all as the great gift? For that, beloved children, is the true definition of releasing judgment, is when everything presented in your experience becomes a gift.

It does not matter how many times perhaps you do not see the gift, for once again, it could be one minute of one week, this one incident, I see the gift. Ah, good. Ah-ha moment. An ah-ha, becomes ah-ha, becomes ah-ha, becomes ah-ha, and then you're ah-ha-ha-ing all the time! Yes! Yes! Lots of ah-ha's!

Beloved children, you are at the ah-ha moment of your entire process, of beings of Light expanding from source. You are galactically, cosmically, earthly, worldly, individually, soul-ly, ALL at the ah-ha moment. And so, of course, everything, everything is coming up, it is not? Yes!

Celebrating Each Step

Beloved children, where will you anchor? How will you weather the storms? And we say storms, for there will be more than one. How will you weather them? It is your choice, and we offer to you the great gift and blessing that whatever choice you make, you are not messing up. You are doing it exactly the way you should be doing it. There is not only one choice, there is THE choice that you are able to embrace and be with, and beloved children, baby steps are just fine.

Are they not so precious when a toddler makes one or two steps? Do you not celebrate when they sit on their little bottom and go, "oops, fell," and you say, "yeah, you took two steps!" Are you celebrating your two steps? Every step. Every step. Each step, and step by step, you are all coming home. Ah-ha! Yes! It is a great time and we encourage you, take time, revisit, fully embrace the gift of you. Breathe beloved children, very often, very often. Yes. And feel the tummy often, for the tummy will call you very quickly and say give me attention right here, and then is when your heart must be fully illuminated.

An illuminated heart will heal all. An illuminated heart will heal all. And so beloved children, illuminate your heart with the fire of the flame of all that has ever been. Allow the Divine gifts of the universe to come forward in you, through you, and as you, and then you are the walking flame of Divine light for all, and all those around you, each will then be free to make their choices. You do not need to have chatter, you just need to be. We adore you dear ones, and all is calm now. Yes.

* In Mali, West Africa, lives a tribe of people called the Dogon. The Dogon are believed to be of Egyptian decent and their astronomical lore goes back thousands of years to 3200 BC. According to their traditions, the star Sirius has a companion star which is invisible to the human eye. This companion star has a 50 year elliptical orbit around the visible Sirius.