



Ascending Spiral

7 Proven Strategies to Activate your Ascension Process

If you're frustrated, confused and looking for help with how to initiate your spiritual evolution...then look no further! By incorporating these conscious actions into your daily life you can jump-start your personal Ascension Process.

1) See, Think & Feel ENERGY

The very nature of our Universe is holistic, in that it is interrelated within a Grand Field of interlocking energy waves and particles, forming a matrix of collective consciousness. In every particle of our being, we are connected to the infinite intelligence of the Unified Field Matrix. The very nature of our humanness allows access into the field of all possibilities.

Instead of thinking we are separate 'islands' existing in time, as our ego mind suggests, we must see ourselves as fields of energy pulsing, responding and transmitting consciousness all around us. According to Quantum Physics, the very act of observing and reacting to our environment penetrates the Unified Field, and sets into motion an energetic exchange that influences the potential outcome.

All of life vibrates in the Unified Field of Energy in a range of frequencies – as demonstrated in the variety of energetic formations of H₂O, be it dense matter (ice), liquid (water) or vapor (steam). We can apply the same analogy of H₂O to ourselves and the world around us. All is ENERGY vibrating at different ranges of frequencies.

2) Contain Your Energy

It is so important to learn how to become a Container – by setting up energetic boundaries that protect, shield and contain our life force within. When we reside in our minds, we essentially are leaving our bodies and cannot maintain healthy boundaries. When we live without containment, we suffer from energetic leaks (like guilt, shame, needy relationships or money drains) and we become vulnerable to outside attack or violation.

This operates similarly to moving into a new house. The outer boundaries of the home contain our personal belongings, just as our Auric Field contains our life force. In the case of the home, we lock the doors and windows at night to protect our belongings. Well, we should similarly be shielding our Human Energy Field to protect our core vitality. As we discover where our energetic boundaries exist, we learn how to contain ourselves, to hold ourselves in check, not push our energy onto others.

3) Get Grounded

Step-by-step, as we build a strong, impenetrable container to house and protect our Spiritual Energy within, we need to root and anchor our field of energy to Earth. Visualize

standing on a solid platform, which is under our feet, and a core pillar of Light running up the center of the body all the way to our Higher Self and the Godhead.

This is the 12th Dimensional Pillar and Platform, the central infrastructure of our Human Energy Field sustained by 12 chakras (energy centers) corresponding to the 12 dimensions of our Universe. Around the body, surrounding the central Core Pillar is the Auric Shield containing our life force like a ball of Light. Visualize locking the magnets of our feet onto our golden platform and securing it onto the light grids in the Earth's crust...this will effectively root and ground our Human Energy Field to the Earth plane.

4) Become Selective

Matter is how Spirit appears in the physical Universe, and how matter appears depends on our mind's choices. In other words, we create our current reality by the continual choices that we make. Our Unified Field translates into a human hologram where our inner condition is interwoven with the materialization of our physical lives. By intentionally raising our vibration and correcting the intention of our thoughts, choices and desires, we can transform the molecular patterning that creates our human experience.

When we stay more present in our body, in our heart and in our mind in the NOW moment, the more opportunities in life show up! When we stay focused and selective to allow only positive energy into our mind/heart/body, we become the Great Attractor!

5) Breathe life force

As we learn how to contain and ground our Human Energy Field, we can gradually increase our vibration and elevate the energy particles in our cells to pulse at our Soul's Divine frequency. By deepening our breath and filling with oxygen, we can alter the flow and metabolism of energy into our physical biology. This is truly transformative!

With deep, pranic breathing our whole being takes on an entirely new and different energy. Not only do we feel a higher vibration inside, but our bodies and minds take on a new frequency of consciousness. How we hold our bodies, our stance, and our presence is felt by all around us. We can now emanate a powerful force field in our auras and beam our Soul broadcast out into the earthly realm.

6) Upgrade diet

As we integrate these strategies into our daily routine, the vibration of our Human Energy Field continues to ascend into a higher, more refined state of being. What once was a staple of our daily lifestyle could change and no longer resonate with our new energy. Often times we find we can no longer tolerate certain foods, and will need to eliminate heavier, lower vibrating food groups such as sugar, processed and fried foods, meat and dairy, alcohol and caffeine. In support of our ascending vibration we need to introduce more 'live', organic fruits, vegetables, seeds, nuts and legumes into our diet.

7) Connect with Nature

As our energy begins to change and become more refined, we can support our bodies by focusing on connecting with Nature, the stars, the moon, our magnificent Universe. Physical exercise in nature will raise our vibration and renew our inner-connectedness to the elements of earth, water, fire, and air. We can tune into the waves of energy pulsing from the trees, flowers, wind and oceans – opening our bodies and hearts to connect and receive the abundant vibrancy of nature.

This dissolves and erases ego separation, and allows our human energy to readjust and align with nature's rhythms and cycles. As we open our cells to hum and flow in alignment with the rhythm of Nature, we begin to move in harmony within the Universal Field. Our bodies and minds are in sync with the fluid motion of Creation. Our very beings become a pulsing, thriving electro-magnetic energy field of manifestation.

Copyright © 2011 Meg Benedicte · All Rights Reserved www.newearthrevolution.com