

# “Final Call”

New Essays and Compilation :: May 2014 to October 2014

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## Appendix on Practices

(Note this is also published at PFCN.net as a separate piece)

[www.pfcn.net/Bulletins/Final Call-APPENDIX-Practices.pdf](http://www.pfcn.net/Bulletins/Final Call-APPENDIX-Practices.pdf)

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## Introduction to this Appendix

The emphasis is on highest origins from your Creator. Most of this material is familiar to those who have read here over the years. Yet it seemed a good idea to collect this group of material in a separate Appendix.

This helps align your human lower self, localized high self/soul body and higher levels of individuation. This also can reinforce or compensate for damage and distortions in your localized spiritual levels of being, including your human level.

(Link to main thread “*An Invocation of Your Highest Level with the “Corrections Energies”*”: <http://newearthsummit.org/forum/index.php/topic,1499.0.html> and also relevant is the main thread titled: “*Ascension – Its Meaning and Preparatory Practices*” <http://newearthsummit.org/forum/index.php/topic,958.0.html> .)

For our convenience and immediate reference, I have also included the entirety of the original NES thread on the “*Corrections Energies*”:  
(Link: <http://newearthsummit.org/forum/index.php/topic,1379.0.html>)

One of the reasons for exercises such as the “Crystal Body” and the ones included in this Appendix is to get your "light vehicle" "jump-started" and its structural circuits aligned and upgraded. Spiritual depletion is a very serious thing, specially these days. It is a sure way to find oneself in the higher plane “triage ward” waiting to be “sorted out” and “rescued”, or otherwise “recovered” or “reclaimed” by the higher Light.

The better the energy bodies and energy centers are connected, then the greater the capacity for the expansive evolved learning. The more the expansive evolved learning takes place, the greater the energy capacity overall due the expansion or extension of your fields.

There is much to be gained by combining these practices -- the high monad self, correction energies, and crystal body.

Combining the Crystal Body awareness, with the High Monad Self invocation and highest level accessible of the Corrections Energies, it is possible to clean, clear and retrieve what remains of one's lower aspects.

This is important for some as it is these lower aspects that are entwined with the tendrils of the Dark forces in from the "hell realms" –corresponding to the aspects below your 3d human level.

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Once this is done, these can be rejoined into your core, forming a stronger unified field for your localized True Self. It also means that you will be less and less subject to the lower influences of the most degenerate of the fallen reality. And thus the mind of your lower self will also be less subject to these influences. It is analogous to extracting multiple anchors from a murky and dense bottom underwater. (As it is in boating or ballooning or diving, in an emergency situation one can sever the anchor or ballast –ropes, chains, weights, or whatever are the “ties that bind”.)

-Alex

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**Final call...**

## **The Transformational Practices...**

September 20, 2014

<http://newearthsummit.org/forum/index.php/topic.958.msg6462.html#msg6462>

*Fallen spiritual and human influences are "resisted" ...through single minded focus on your true origins, your high attractor.  
In short it is like a monopolar (unified field) mode of "conducting" oneself."  
This is not conflict. This is not "avoidance". It is not "denial".  
...It is of the Other –that of the higher true being.*

### **Preface:**

These practices are one way that the aspects or portions of your True Self that have a residency at the human level of density can play an active role in "pulling all of yourselves together" into a greater coherence.

I have written on this before. Your human level Self has the potential ability to get more of the greater of you “pulling itself together”.

Too many are in denial or prefer to simply keep asking and waiting for “rescue” from above –from their own higher self or something else beyond that. But if you are mentally exhausted, physically debilitated, and/or spiritually depleted, an ever-steepening slope into an abyss becomes ever-present. This is yet another reason to “clear your desk” (your human life) of 100% of everything and only place before yourself that which you are quite certain is of utmost importance. Perhaps to one side there is the list of those ordinary human matters that are truly essential for the short term in maintaining one’s physical existence –and center front is your spiritual growth and ascension process.

Human level “you” is a holographic fragment of your own greater being. In that manner, one is already their higher level Self, thus it is behooves one to "think" that way and not keep thinking as if one is a merely only a "human" struggling to have a spiritual experience. This is all upside down thinking.

You Are That Which You Seek.

And from lower levels of being to the highest levels of one's original

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differentiation from Creator -- there can be a powerful influence affecting all levels.

When we introduced the "Crystal Body" exercises and the other practices, there were various responses.

Some were excited to try it,  
...some wanted only "simple" and complained these were too complicated,  
...some presumed (mistakenly) that these were just some version of so-called "merkabah" practices, and  
...some "questioned" why these were not "heart centered", etc., etc.

One response that was never made explicit  
...was that of "fear" –*fear* that this was the "real deal" and that real changes would arise.

Thus many averted and avoided taking on these practices.

And there were those who dipped in and out, all the while distracting themselves over all the problems of humans and dipping in and out of "social causes", "wanting to make a difference", etc. thus cultivating a counter-force that naturally interfered with doing these practices.

All quite understandable, but there you have it.

And some provided some extraordinary feedback through the forum, or more often privately.

One response to these comments...

*“Your posting about "fear" is quite timely because that is what has been lurking around in the background for me for a while now. Your mentioning it has also helped bring it to the forefront of my mind to be reckoned with so I am grateful for that.*

*I feel like I am on the cusp of a HUGE transformation/breakthrough. For the past six months in particular, I have felt such intense pressure, like giving birth and being birthed, one and the same event. All my fears and anxieties have been IN MY FACE, compressed into a tight, dark mass that I am simultaneously passing through my being and my being passing through it. Seeing all those fears for what they truly are-- NOTHING! They are programs of this world designed to keep me in an endless loop, stuck here seemingly disconnected from what I AM. So when the cloud of fear*

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*engulfs me, I surrender to it and just BE with it and allow myself to fully feel the fear and see it for what it is. And... I discover that I am okay. No harm has been done. I've only felt fear. But I am still in the cloud of fear, still passing through it. Yet I can tell I am coming close to the end of it; I KNOW it, but it is... just... out of sight. A lightness of Being that I've only had glimpses of-- of LIFE beyond this paradigm that the human mind can't comprehend, but I KNOW it because I AM it!*

*And so what is happening now? RESISTANCE! Instead of buckling down and doing the meditations and correction energies invocation more diligently than ever, I've stopped doing them entirely. Why? Because there is part of me that is truly afraid of moving my locus of consciousness beyond this limited perspective. (That part is the programming of this world.) So I am calling myself out on this now. Part of me is scared xxxx-less of moving into a state of Being that is utterly foreign to what this world has to offer, even though it knows this world has only more of the same misery and confusion it has always offered.*

*For me, this is a not an uncommon reaction to an impending breakthrough; it doubles up the resistance and does everything it can to sabotage real movement beyond the current limitations. Sometimes this appears as originating within "me", sometimes it appears as happening externally, but it is all the same thing-- the world's self-preservation programming designed to keep its food source locked into place. I am tired of "feeding the world." I am tired of being lunch. I am tired of my Life Essence, my Source connection, being hijacked and used to fuel the shenanigans of this bankrupt and broken system. If there was ever a time to screw down my determination to KNOW and fully embody all that I AM and live it here and now (or move beyond this world), to call upon my Highest level of BEING and send out that great shiver of white light to dissolve all falsehoods, NOW is the time. TRUE LIFE is too important to be dilly dallying in delusions any longer. The reckoning is at hand.*

*Thank you for the reminder to get my ass in gear.*

-END-

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## **The Practices**

September 2014

<http://newearthsummit.org/forum/index.php/topic.958.msg6463.html#msg6463>

### **Introduction**

The following is a collection of comments from individuals who have applied the simple practices we have suggested over the years. They are offered by way of examples, not as something specific to expect for yourself. To do otherwise would be self-limiting and spiritually irresponsible of us. As I have repeatedly emphasized, the principles are mostly the same for most who undertake these, but the actual experience and path are unique to each.

We have also warned about the risks of spiritual depletion and the dangers of becoming dangerously distracted by all the social or political causes or issues.

Over recent years we have described the guidelines for a number of important spiritual practices all of which are intended to aid in one's conscious ascension.

The material was introduced in a gradual manner so bring as many along as possible.

They are all self-guiding, self-referencing processes.

These include:

- Essential and simple psycho-spiritual practices concerning letting go of one's inner and outer attachments and dissipative distractions, one's inner and outer completions process, and cultivating a high attractor.
- Guidelines were described concerning transforming the relationship between one's human lower, middle, and higher self.
- These have also discussed cultivated between all the main level's of one's self that reside at a human level. Important this is, because the human "firmware mind" at this stage of development has acquired some awareness, even if intellectually, of higher states of existence beyond running around in a human body avoiding injury and physical death of the body. Thus it too needs to be addressed rather than attacked or denied.

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- And with regard to the new creational matrix, we have described the principles and guidelines to develop “trust, caring, service, within the context of the Higher Oneness”. Both an inner and an outer practice, this helps move one’s spiritual evolutionary state along more quickly in alignment with the “corrected” creation. (Translation: highest oneness in any given vibrational state (trust); highest intention in any given vibrational state (caring); highest order of manifestation in any given vibrational state (service). This a dynamic, recursive process, not a static loop.)
- “Crystal Body” practice and related exercises helps to “jump start” your light bodies, it also helps to bring more of your local higher being into connection and coherency with itself and the Higher Oneness. The Crystal Body is also an important ascension practice in altering the flows of energy in your local body as well as that of your higher level being. (Did you really think the human level of your greater Self was powerless to effect such changes among your greater being?!)
- “Corrections Energies” invocations that bring in the higher levels of clearing and new Light structures.
- The Higher (Monad) Self invocation which helps align all of you from one’s lower human levels to one’s original individuation from ones Creator and helps bridge and realign one’s lower level high self matrix as well.
- In all this, we have emphasized the power and importance of focused high intent.

The Higher Monad invocation coupled with the Corrections Energies, with a foundation of experience with the Crystal Body exercises, can help your spiritual development and ascension process in a short time –if you take them seriously and practice them often. Often with tangible results occurring fairly quickly. Not “instant transformation perhaps, but nothing that will takes years to “master” as is the case with most other practices.

I will also mention here that the lower level aspects of your being that are generally linked with Dark side “hell realms” can be sorted out and what can be cleaned and cleared can then be upgraded and ready to integrate into your core being, thus removing yet another impediment to the ascension process. This is aided directly by combining the crystal body awareness with the corrections energies and with one’s highest attractor (one’s highest level of individuation).



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This is accomplished primarily by exercising one’s highest intentions and staying focused this way.

This is a most direct and comprehensive set of spiritual, energetic and psycho-spiritual practices that all work together in a self-guiding, self-referencing, set of practices that do not require any outside teacher or guru. What is required is to choose to engage these and to apply one’s highest intention in a focused manner.

Aspects that are seemingly “asleep” can possibly be the result of having been “stunned” or “taken out” by Dark-side attacks, or more simply perhaps due to internal problems of that are a microcosm of the larger cosmic problem of excessive dissipation and individuation without the counter-balance of the unifying field of higher oneness.

-Alex

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## Excerpts from various individuals:

*I´ve been doing the "energizing the body" and the crystal body exercises, ...just for my third aspect ("human" me). Recently, let´s say a month or so, I´ve started doing the whole exercise, including all the aspects and the soul self.*

*I started with the whole exercise and I have to say that the outcomes are amazing. The first time I did it, everything was ok for the four lower aspects but when I reached the fifth one, ... well, it/he didn´t want to have nothing to do with me!!!*

*Do you know when someone has been beaten and betrayed by the ones he loved the most and so he is angry, scared and suspicious at everyone? Well, that was the sensation I had when I met my fifth aspect: he wouldn´t accept my presence because he/it didn´t trust me.*

[Comment: Here one can see the possibilities of skipping up a level within one´s localized higher being –similar in principle to invoking one´s very highest level of individuation (monad) from one´s creator. -ASK]

*...trouble with my fifth aspect? ...there was also a “problem” with the sixth aspect. With this one it was as if it was completely asleep and I had to wake it up. After following Alex suggestions a couple of times, I did the exercise “aspect by aspect” and I must tell you that what happened was amazing. The fifth aspect wasn´t that reticent, although it wasn´t completely “willing and able” either, but when I got to the Sixth aspect I ‘heard’ like an S.O.S. call. And so it happens that naturally (meaning it was not something I thought of) we (all of the rest of the aspects) came together as in a circle of light and like send him white, brilliant light for I don´t know how much time and he was absorbing it and glowing!!*

*Regarding me, I had like a double feeling, because I was the greater being containing all of the aspects and feeling what they felt and at the same time I was my 3D human self acting as just a part of that ‘council’. After doing that, it was as if the sixth aspect was ‘liberated’. That was 2 weeks ago more or less, and I didn´t do that exercise again until last Friday because it´s kind of extenuating... no, that´s not the word, it´s powerful... it´s like energetically powerful and it´s hard for my body to assimilate all the energy that is left. Last time I had to lay in my bed, resting, for almost half an hour for I thought I was going to explode (specially my head and neck!).*

*And... the last time I did it, on Friday, many different things happened... The first one was that my lowest aspect, the first one was so, so, so happy I can´t*

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*express it. I burst into tears for the love and gratitude I could feel from that aspect was something really overwhelming. It can't actually be explained by words... And then I could see and feel all of my aspects shining in a glowing white light and when I reached the seventh aspect, all of a sudden there was like a cascade of brilliant white light flowing through the center of all the aspects where one above the other. It was as if a giant tube was going across the bodies of each of the aspects and into the following, starting from the seventh and going down. It's very difficult for me to describe the sensation or even the experience ...*

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*One thing I'd like to share is that some days ago, I woke up in the middle of the night and heard a question in my head "Are you ready to go?" It felt as a "Can we go now?" and, also in my head, the answer was a terrible NO. I could feel that something inside of me felt FEAR of leaving. It wasn't me... it was a part of me. ...It seemed like a conversation inside of me but the whole me was not involved... I'm committed to find out what part of me is yet afraid to leave and what is still retaining me here... I thought I had solved that but apparently, I haven't...*

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*Alex, you say: "So, do you wait for some form of confirmation (whatever form that may take) or do you begin to probe and expand outwards using only pure high intent?" My first answer is I'll go forward with only my pure high intent. Now, as I'm seeing things now, it seems my human self doesn't agree that much... I'm working on this right now and John, your words have just hit me like a ball at 100 km/hour: CONTROL!!! you said. "one must surrender control"...*

*...in our last conversation, I told you something was wrong and I couldn't identify it? Well, that's it, CONTROL!!! I'm afraid to lose control!! I've always wondered why I can experience all kinds of "revelations" with the crystal body exercises and some others but I never, not even once in my life, was able to "travel beyond myself". I mean, you know when you experience something spiritual and for a moment you are just not human any more but something else??? Well, I'm always the something else and human at the same time!!! And I think the "no" I listened a few time ago when I was being asked if I was ready had to do with this: my human "me" was terrified of losing control!!!*

[Comment: one way of lovingly addressing this situation is in the context of one's completions process with their human-earthly existence and one's high attractor. This is discussed in the context of basic spiritual-psychology principles. The lower self (human body level mind) naturally acquires information concerning

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possibilities of existence beyond the body. The greater one is detached from all those social-animal human ties that bind and the more one has a high attractor (with a corresponding high intent toward that), then the more one's lower self can become excitedly engaged in this new adventure and it will do everything possible to help and to participate.]

-//-

*I could finally dissolve the bonds that had attached me to my human family. I thought I had already done it but (after asking for the dissolving of all the bonds to the correction energies and the creator of all) it turned out that there was still something and now I know that it's completely gone. Second: I had a dream in which I was walking around a house, an ice house, and even the floor, the doors and the walls were made of ice and/or snow and all of a sudden I saw a door opened somewhere that I knew would take me to "freedom". I knew that beyond that door was my final liberation and I decided to go and trespass it. I was sure, decided and at peace with my decision but the moment I got there and was just about to go through it, something brought me back ...in the "real" [human] life... The third and last one: I did once again the crystal meditations and looks like my first and second aspects are no longer there OR are no longer willing and able to work with the rest of us/me (I finally also understood the idea of us being a collective being with several individuations).*

-//-

*I would also like to thank you for posting the Crystal Body Meditations on NES. I started doing them last fall and WOW!!! I have found them to be very powerful. When I started doing them, I set my intention to increase awareness of and communication with all levels of my Soul being, and to/from my Highest Level of Being. I have found these meditations to be very effective for this. I have become aware of my other aspects and their conditions, as well as receiving clearer communication from my Higher Self.*

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*The Crystal Body Meditation I have felt most potent is the chakra meditation for the aspects. When I do this meditation without any shortcuts-- or incorporate it in the other meditations without any short cuts to this part-- I really FEEL the powerful effect it has on my being. However, if I attempt any "short forms" to this part, it just isn't as powerful.*

*Once I have the chakra crystals of about 3 or 4 aspects spinning in synchronization, I begin to feel a lovely "floating on water sensation", like I'm in*

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*an air raft floating on gentle ocean waves. This sensation continues to increase as I get more aspects' chakra crystals aligned and spinning in unison. Then, once I get everything aligned and all the chakra crystals of all the aspects vibrating beyond light speed, as the "hollow reed", that is when the real deal loveliness is activated. I begin to feel and see a bi-directional pulsing going through me; it is a feeling of peace, balance, harmony, like all the previously conflicting tendencies of my aspects is turned off and we are ONE unified being-  
- at last!*

*Actually, just writing about this experience seems to be activating it again...  
how refreshing!*

-//-

*I would like to share some of my experiences with the Crystal Body Meditations. I started doing them last fall (2013) and gradually built up to doing the full "Ascension Exercises". I have found them to be very powerful. When I started doing them, I set my intention to increase awareness of and communication with all levels of my Soul being, and to/from my Highest Level of Being. I have found these meditations to be very effective for this. I have become aware of my other aspects and their conditions, as well as receiving clearer communication from my Higher Self.*

*The first time I did the meditation for the aspects, I immediately received a clear image and personality "snapshot" of each aspect. While they were each physically similar to my 3D self, it was evident that widely diverse life circumstances (and thus life choices) made the aspects VERY different from each other. I was startled to discover that some of my aspects were actively involved in things that my 3D self would consider unethical and highly questionable, and that those actions were filtering through to my 3D life and causing static here. Furthermore, I discovered that my first and seventh aspects were in deep conflict with each other, almost a personal war. I was SHOCKED to discover this; really I had no idea this was going on or even possible. My 3D self has since been serving as a mediator and bringing all aspects together during these meditations in a sort of "round table of the heart".*

*I am very grateful for these meditations because they have brought in a tremendous amount of awareness of things going on within my Self that I could feel in my life but the source of which I didn't understand. Doing these meditations, plus others from my "spiritual toolkit", have hugely helped to harmonize all aspects of my being and bring me to a place of loving peace and acceptance with "us". I am also clearly feeling the presence of my Greater Being much more so now than before.*

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*I was trying to explain to my wife ...some of the material I have been meditating on from your website. At one point I said the higher self is trying to see what is happening in the projected 3d self in what might be like trying to see through murky water to the bottom of a body of water. Not too long after I was directed through the forum posts to read an article by John from 2010 and he made the same analogy.*

*I may be familiar with the walk in walk out process however I do not think I ever have been conscious of it in those terms but totally makes sense now.*

*I am still sifting through all of the articles you have posted and always seem to find words that resonate and reinforce my inner guidance and peace. Thank you again for your efforts, I for one find them to be illuminating!*

-//-

*This morning I was in a meditative state practicing allowing the correction energies to fill the space between my cellular atoms and intending the correction energies in general. Alternatively I was also focusing on the fovial space with eyes closed from the practice recommended in the book "The Short Path". While I did not see the small light, I did start to see "pulses" or rather large ball shaped structures of light coming at me in waves. The light was not bright White light but more like orange. This was accompanied with a feeling of tingling sensation running the length of my spine, into my arms and the top of my head. This state was brought on as I choose how to deal with what the bifurcation processes bring up. As I go further into this, I notice that my current matrix bound false (and extremely painful) reality is experiencing some shake ups. For example, I am almost unable at this point to expend the energy necessary to maintain a false reality. I go through the motions but my heart is not in it. I can choose to despair or I can choose to allow the correction energies to flow through me and trust it is a way towards spiritual growth and connection with my highest individuated self. For me, the greatest challenge at this point is not knowing what will happen. It has been said that as one gains greater connection with the higher self, then the path becomes easier to see and more clarity for what needs to be done.*

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*I am excited to think that these energies will expand after they build up and break through the darkness. Not sure about the light body yet. I have been practicing expanding, the crystal body exercises a bit, but mostly intending*

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*connection with the higher self. I have been reading articles from 2009 and they are very helpful. What you were writing then seems to apply to the stages I am going through now.*

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*Orange hue felt like trying to break up or dislodge stuck dark energy. Like finally some light might be breaking through the almost impervious shell of darkness.*

[Comment:

The high energies flowing into your localized greater being (that which your human aspect is connected most closely with) can take on orange-golden hues or a pale golden light of intense strength.

Perhaps this will a more sparkly effervescent gold or pale gold, but on occasion, the intensity moves into a strong gold-orange hues (a color tone that can be associated with the lower human chakra levels). Somewhere between 2nd and 3rd is where the higher energies tends to concentrate as it prepares to expand. Around 3rd level is the general zone of focus for the crystal body exercises as well since that is what anchors the 3d level. Interestingly this is also the general region of focus for certain ascension practices from an earlier era –designed to produce a unified field light body, one that could be used for conscious ascension from the earthly human realm, usually leaving the physical body behind. This makes sense given when you consider that the greater “you” is projected into your third main light body in the Crystal Body schema and that the 3<sup>rd</sup> and 2<sup>nd</sup> chakra level of your human level corresponds to this internally.

That said, the energies from your highest level of origin (monad high self) have the capacity to drill down, break up the dark shells, etc. and help liberate your lower aspects.

Also, there have been reports of an intense white light emanating outward from within centered somewhere in the middle of the chest area. And of intense blue-green or green-blue hues appearing all around ones human level light body.

The “foveal point” centering exercise (“Short Path”) is one way to access one’s lightbodies. One person had the experience of their lightbody in a light electric blue tones and was able to briefly move around that way.

- ASK]

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## “The All of You” & The “Corrections Energies”

*NOTE:* For readers' convenience, I have also included a few essays from 2012.

[www.pfcn.net](http://www.pfcn.net) - Articles and Bulletins - <http://www.pfcn.net/napsum-bull.html>

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## “The All of You” – Ascension and Transformation

May 23, 2014

<http://newearthsummit.org/forum/index.php/topic.958.msg6407.html#msg6407>

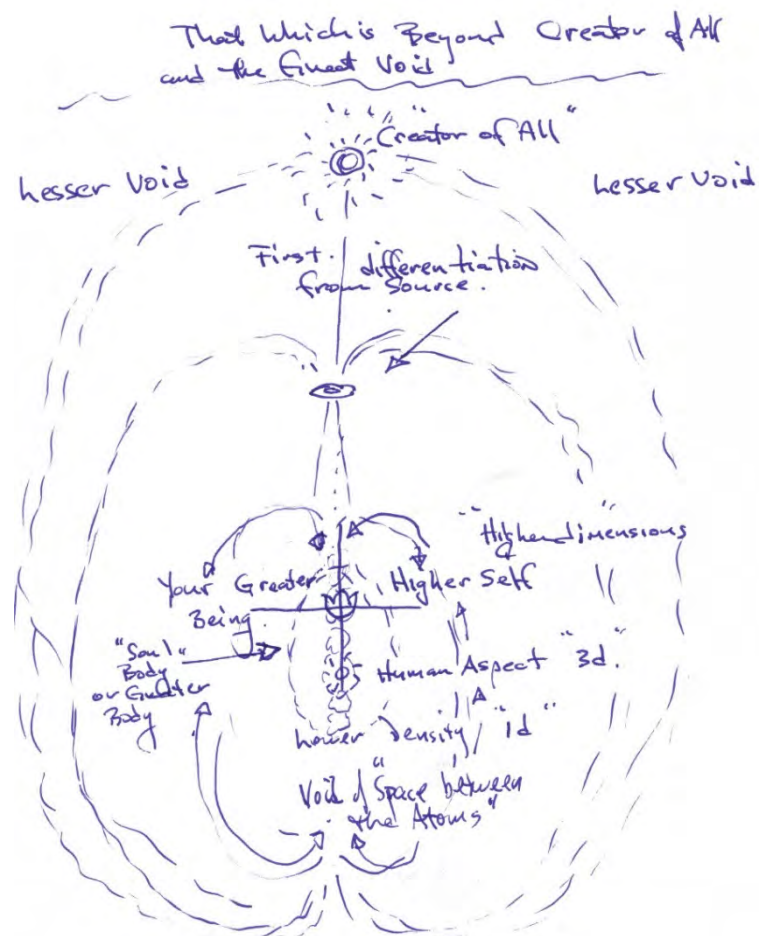
With greater *spiritual understanding*, it is possible to deal with some of the discomfitures and basic enmity of a realm that is increasingly inimical to anything of the higher Light. But we each have our own limits of “elasticity of tolerance” toward residing in a reality that was in Error from the start and that has seemingly increased its capacity to deepen and expand this Error in myriad of endless ways.

At the highest level in this diagram is the Great Void in which Creator of All finds itself. Beyond this Great Void is “That Which is Beyond Creator”. Next level in (or “down”) is Creator of All and the Void that It works with.

We then come to one of many differentiations (or individuations) from Creator of which there are many states of being, including high level creator beings that work with Creator.

One of these differentiations of Creator/Source is your own “God-Self”. It in turns differentiates (individuates) something of Itself which eventually led to the formation of your own higher level being or soul being and your own higher self. (I am describing here a generalized pattern for this process, as there are exceptions.)

For many who are here in the density plane of 3d residing with a human vehicle host, “you” are one aspect of several that comprise the main vibrational states of your higher level



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being. (See “*Crystal Body*” links below.). And there may well be more than one (!) of these individuations at any of the generalized vibrational levels. Below your lowest density levels, there is what may appear to be a barrier plane to the “hell realms” of lowest density –past which lies the “space between the atoms”. This “space between” is pre-existent to the Dark Error and thus is innately connected to the Divine, the Supramental, your own God-Self.



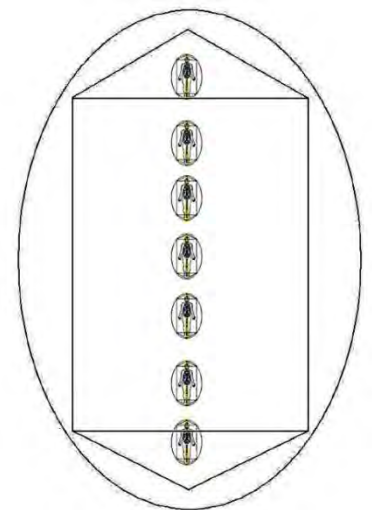
“Universal Mind Lattice” by Alex Grey (1981)

Imagine a multi-directional, multi-dimensional flow of energies flowing to and from your human level of being, with your higher level of being, and the totality of your individuation from Creator of All. See this flow connecting with the human level “you” that is reading these words.

Now consider how the higher energies of the Divine at these end times are seeking to complete their reclaiming of that which is of the Highest Origins at all vibrational levels that are possible to reach.

Consider also those elements of Spiritual Intelligence that are residing in the density regions of 3d and related, and which may be appear trapped in their own respective ways –but also consider that while they are there, they can serve as practical bridges to the lower levels and thus can play a role in the dissolution of all that has been of “The Error”.

Now, let’s recall for a moment the simplified energy body diagrams from the “*Crystal Body*” exercises showing the energy body of your greater being/soul being and the microcosm of energy bodies that comprise multidimensional “you” focused at the human plane of existence.



NOTE: Links to “*Crystal Body*”

practices: <http://www.pfcn.net/Bulletins/The%20Crystal%20Body%20Exercises-%20May%202009.pdf>

and <http://www.pfcn.net/Bulletins/Advanced%20-posting%20-%202013.pdf>

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Let's us imagine (or image) our own highest “emitter” –our original individuation from Creator and see and feel this connecting all the way into your human level. This flowing, coherent light has the power to help align human level “you” with your own higher level of being and the fields of Creator. For some, this field of light can also be used to penetrate the lowest levels of being –like a drilling laser that reaches all the way to the “spaces between the atoms”. For some, it may be possible to complete a circuit of the highest energies of Creator with that which was pre-existent to the Dark Error. This energy flow can bring all of your entire being into its own greater unified and coherent field and contribute directly to the greater changes that Creator of All is involved with.

It is also another way to facilitate one's own ascension and completion process in ways that actively engage your human level of being. You become your higher self and your higher self becomes you. There is no distinguishable difference except that of the vibrational point-of-view you utilize at any moment.

What has been described above is very close to the enigmatic “drop hammer” effect that Satprem and Mirra and others described of the Supramental penetrating down through density, through a concrete-like muck of Error –and arriving at something else, something beyond the “heavenly” states –beyond anything like the bliss-drug nirvanic states foolishly held out as the *sine qua non* for various “meditation” techniques or guru cults.

As I have already stated, this may not be for everyone in their process of reconnection and completion.

For some, this higher connection is sufficient and like a rocket from earth, the lower levels 4d, 3d, etc., will fall away like booster stages (or like ballast cords being cut).

The process of recombining, remerging, reconnecting with one's Divine self, one's true Self, etc. is a unique “conversation” between the “you” that is reading this, and the “all of you”.

-ASK

## **Postscript:**

*Please note, I do not now, nor have I ever, recommended plunging into the abysmal of the lower dimensions. However, for those who have established a pathway to the Divine and who have an unmistakable supramental connection, this may become something of importance. It is only with the power and specific*

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*direction of the supramental that something like this should be attempted. If you are not sure, then you do not have this connection. You will know.*

*There is a human expression, "fools go where angels fear to tread..."*

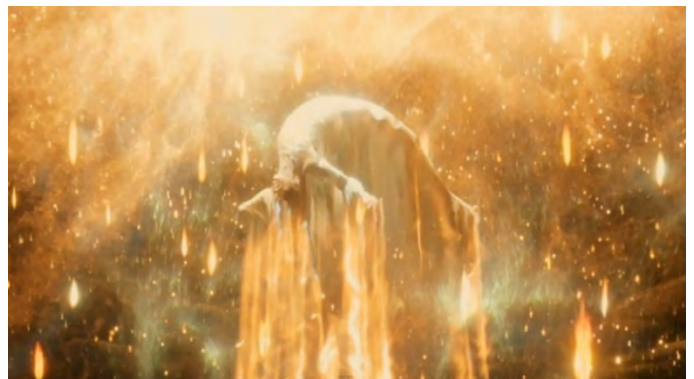
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*“Theologue” is a well-known painting, intellectually filtered and created by Alex Grey. Its “artifice” depicts something of a quasi-ascended state that is still intertwined with the fallen realm and control grids. Here one may find ascended masters and assorted “players”. Whatever this image may evoke at the human level, it is NOT your fully ascended human level of spiritual Self. It is merely an intermediate stage, one that you may well pass right through and not even notice. This is especially the case for those who are entering into a higher level unified field.*



“Theologue” by Alex Grey

In contrast to “Theologue”, are these two images from the movie “The Fountain” –that symbolized human and spiritual completions across many reincarnations and the defeat of the illusion of “death” and ascension into ineffable Light.



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“We are now in the period of the ultimate bifurcation, the collective and personal eschaton, the preparation for the completions of Creator of All in the remaking of The All of Its Creation. It is a time of choosing –at all levels of existence.”

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## An Invocation of Your Highest Level with the “Corrections Energies”

Monday May 26, 2014

<http://newearthsummit.org/forum/index.php/topic.1178.msg6412.html#msg6412>

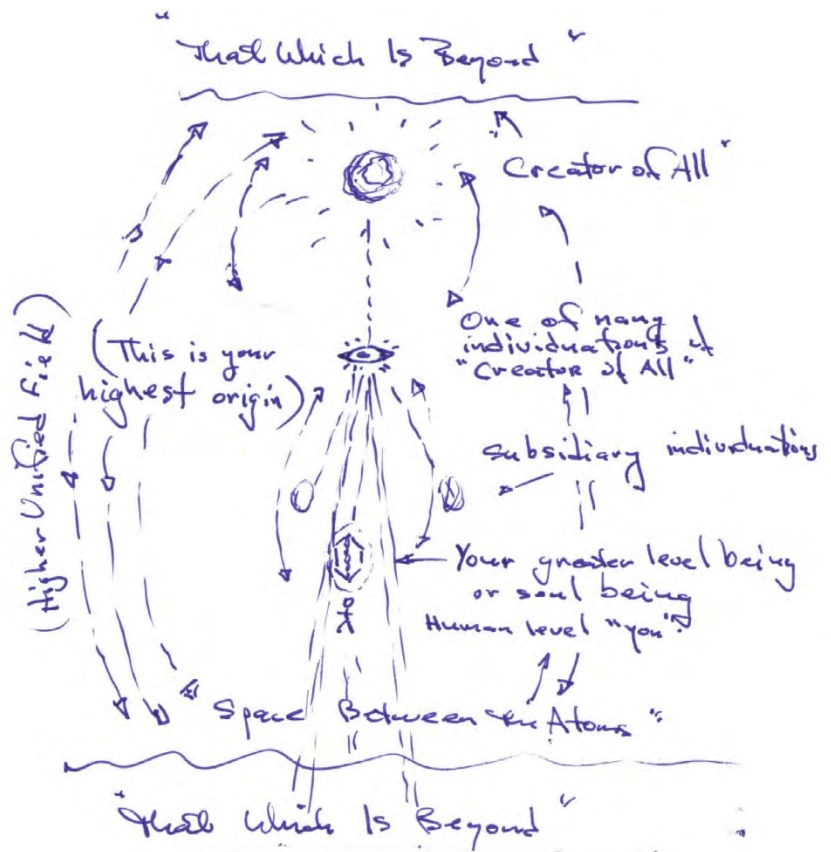
**Image – See – Know –the “emitter” of all of “you”  
–“your” highest point of differentiation from Creator of All, your  
ultimate individuation. ...**

... This is your own “Source Light” which, in most cases, is the Light that emanates from your highest vibrational state, it is the light at the “end of the tunnel”, it is the Light that comes through your own higher energy center portals, it is the Light of that fine silver-gold thread connecting all the way into your level of essence that inhabits a human host body.

Now, image the multi-directional, multi-dimensional flow of energies to and from your human level of being, with your higher levels of being, and the totality of your individuation from Creator of All. See this flow connecting the human level “you” that is reading these words.

Now consider the higher energies of the Divine seeking to complete their reclaiming of that which is of the Highest Origins at all vibrational levels that can be reached.

Invoke and evoke (and perhaps provoke!) this highest level of the “All of You”



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and intend that these currents of energy flow through all levels of your being, all the way to your human level. Along with this, request the Divine “Correction” enter as well, flowing to the greatest measures possible through all of you, all the way to your human level of beingness.

Intend and insist that this clear and dissolve and remove any and all influences of the Dark Error, any all attachments to a fallen reality, attacks, access points, concealed programming, etc. –and to remove any and all corrupted structures and energies from the entirety of all your being, all the way in to your human level. Make sure that any and all of your own attachments to or reactions against this fallen reality and the human earth environment are also deleted or transmuted into “Pure Learning” of the highest order.

Make this apply to anything across all dimensional or vibrational states, for all “time” – “past, present, or future”. Request and intend that any all attachments with your human level of existence be gently and thoroughly removed, and this is your instruction to your own higher level self to override any tendencies toward re-attachment on the part of your human level aspects or by any other level of your Being.

Request that this confluence of highest energies clear the energetic and material “space” in all directions around your human person, your place of habitation, etc. and to also do this in all dimensional spaces nearby or adjacent to that of “3d” and in all “directions”.

Request and intend this to be maintained, adjusted, upgraded moment by moment and to clear your own “awareness” to focus only upon your own “return of Light”.

Request and intend that from your inner point of Light “outwards” all cleared energy structures be further protected by infinite layers that prevent any and all intrusion or interference, regardless of their origin.

Renew this daily.

Monitor your own reactions. Wherever you invite an opening, you create an aperture in these fields that can possibly allow undesirable access to your energetic space. There is a similar risk from opening to attachments such as “making a difference” and other forms of human “hopeaholism” that is inured to the delusions of “3d” physicality.

These are perhaps the most difficult for those who are so close to their overall completions process. There can be endless attachments (negative or positive)

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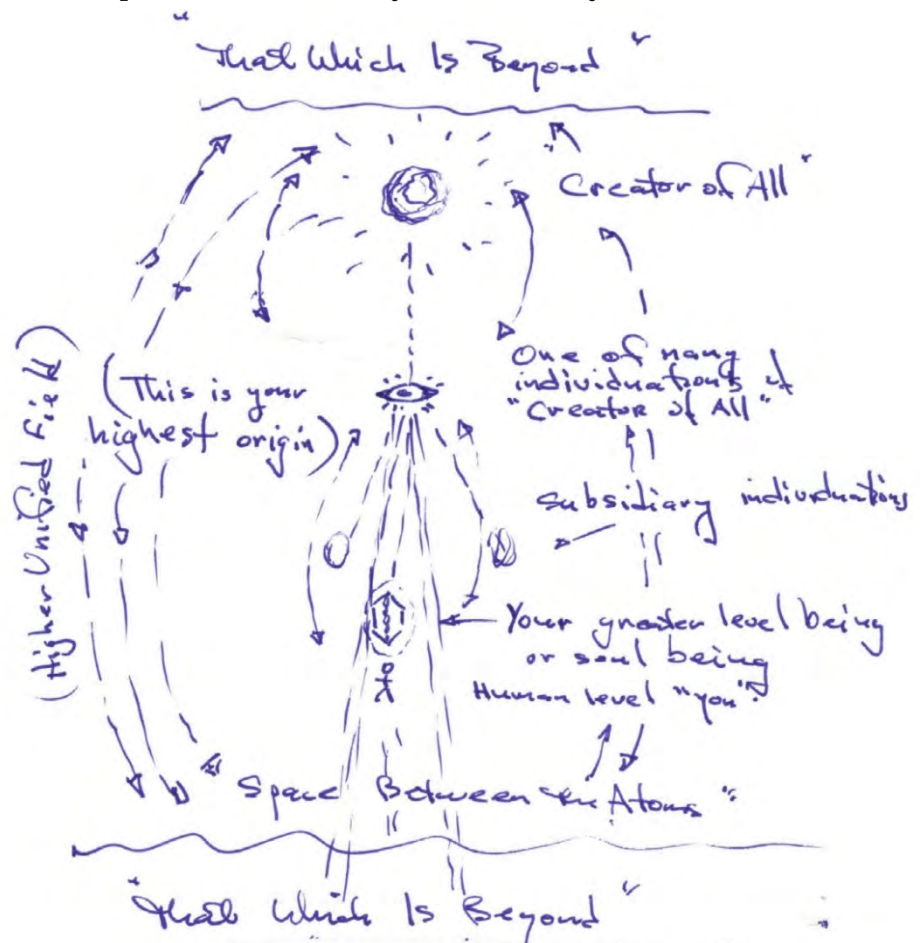
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which continually try to connect. Some of course originate from within your own being at whatever level they are strongest. Some originate from without, either from the impulses of simple humans who will not let you go –or from dark forces from whatever vibrational level they reside which do not want you to achieve “escape velocity”.

We are now in the period of the ultimate bifurcation, the collective and personal eschaton, the preparation for the completions of Creator of All in the remaking of The All of Its Creation. It is a time of choosing –at all levels of existence.

-//-

As you go through your human day, image, imagine, intend, a cone of Light or tube of Light that emanates from your Highest Origination and Individuation from Creator of All. See its omnipresence surround you wherever you are, whatever you are doing. With your continued intention and attention, this Light has the capacity for the greatest measure of the corrections energies.





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## “Invocation to One’s Highest Levels of Individuation” “Going Home” - Addendum

June 12, 2014

*“Consider that “you” are not a human,  
rather you are a spiritual being with a presence residing at the level of a human  
host on Earth.*

*Consider remembering your own greater Knowing”*

Of the fraction of spiritual beings residing at a human-level –that is, those who have been focused on ascension and transformation and who are consciously decoupled from the “Roman galley ship” of human existence –a minor portion have been experiencing increasingly “high states”, while a major portion have been experiencing more “low states”. Neither of these are mutually exclusive situations, but rather “tendencies of oscillation” in one’s higher process and reflect some of the challenges of initiating high level changes from one’s human level of being.

These “low states” can be broadly characterized as the discrepancy between “high intent” from the human level and what the human level of awareness is experiencing internally. Regardless of high’s or low’s, any being in a human body on this planet is still influenced and affected by the external human social and planetary physical environments. This may be obvious but it bears keeping in mind.

While some may look at this as a “cup half full”, situation, I would remind that one’s human level aspect may well hold “the key” to the greater changes for one’s next level up greater Being, Soul being, or what have you. This in turn can provide the needed energetic platform for a higher level cascade effect. Likewise, if one’s immediately higher level Self may be “stuck” or “short circuited”, “going direct” by directing one’s attention to one’s highest level of differentiation from Creator, can provide the needed energetic impetus and power.

I would also remind that all this runs in multiple directions, and thus not to presume it is unidirectional –in any “direction” conceivable.

Rather than add anything new to explain why all of this has been so very difficult for so very long, it is enough to understand the background we have provided

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over the years, to find one’s own “high compassion” for one’s own totality of being, and for Creator of The All.

For those requiring or seeking their return “Home” and their full departure from the human 3d physical, I would suggest something along the following lines:

*What can be added in to main invocation to one’s highest level is a clear and unequivocal intent –addressed to one’s highest level of individuation from Creator (the "monad self" in some esoteric schools) –to prepare one’s human level of being (that which is the personal "you" which occasionally lapses into believing itself to be a "human ") to return to one’s origins of Light, to plainly reveal anything remaining that is an impediment, holding one in their human form, and to reaffirm this daily.*

*Request that your own Highest Light and the fullest measures of the Divine Correction flow through the entirety of your being from your highest point of differentiation to your human 3d level –and lower still if appropriate. Ask or insist that any and all dark force interferences and damage be repaired and upgraded or removed entirely and replaced with the new structures – including any and all dark side interferences, damage, corruptions, malware, concealed access points, hidden weapons, energetic attachments, “mind worms”, etc. Ask or insist that as each layer is cleared and made new that new layers of active Light be emplaced to prevent any and all interference from any dark side sources –human and non-human, physical and non-physical.*

*Image these to be an infinite number of layers –your higher body of light made new.*

Renew this daily. As you do this, it is essential to minimize any personal human reactions to outside influences, no upset at human local or global events, etc. ...politics, murder, mayhem, none of it. Shut off all the “news channels”. What you may initiate, etc. can provide inadvertent access, usually from human sources. And if you are still “messing around” in questionable “higher” zones, then stop and request your own high level internal “override” to prevent inappropriate “meanderings”.

If there are those familiars "on the other side" who can help, ask for their help as well. But be certain that they be 100% trustworthy of such a request. You will know.

What is most important is that this all be of a clear and spiritually conscious intent, and with a "high attractor" –your own “highest levels of Light" is more

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than adequate if you have nothing more specific to refer to.

While it is perfectly understandable to feel or express anger and upset over the “problems” at the human and higher levels, to rely upon such upset, anger, and repulsion of all that is so “wrong” (“negatives”, in other words) is not to be allowed to dominate one's thoughts as it sends “the wrong signal”.

Many are preparing to “go home”. Many are remaining earth-side until the last moment possible. Some will stay to see “the End” through. The reasons and purposes are uniquely varied for each.

Ultimately, there can only be a spiritually conscious choice.

There is no incorrect nor correct “answer”.

It is a uniquely personal decision between human “you” and the greater “you” – between the “greater you” and that aspect of Itself that resides in a human host – the human level “you”. Your Highest Level of Light can and should be engaged in all of this.

-Alex

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**Postscript note to**

## **"Invocation to Your Highest" and Going Home**

June 14, 2014

This invocation of your highest Light can also catalyze a process in your localized energy bodies.

*“...something occurs with the body chakras, noticeable at the level of 3d “you” ...some or all of your primary energy centers begin to vibrate intensely and in effect obliterate various inner structures in an explosion of light. The effects may be suggestive of colored “flames” or “waves” or it may be more dramatic like points of light exploding outwards from some energy center/s.*

*It is important that you have some semblance of coherency throughout most of yourself and composure to quietly observe this. There may flashes of light seen or felt and there may be intense colors observed by your inner awareness. There may be –or not –physical bodily sensations accompanying this. It is unmistakable when it occurs. ...”*

Page 6; Advanced Short Form Version 1.31; Crystal Body Exercises; September 24, 2013; <http://www.pfcn.net/Bulletins/Advanced%20-posting%20-%202013.pdf>

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***“To assist in the return of the Light  
and  
in the return to the Light of those who are of the Light.”***

-//-

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## “Invocation to One’s Highest Levels of Individuation” Problems of Higher Connection

July 17, 2014

*“Consider that “you” are not a human, rather you are a spiritual being with a presence residing at the level of a human host on Earth. Consider remembering your own greater Knowing”*

Perhaps this is a good time to remind everyone that some –far too many I would say –of those who are of the Light were "damaged" upon entry or damaged during their time here in human form. Oftentimes one or more aspects would be damaged, missing, or distorted. The causative factors vary according to each situation. Generally this would be noticed for the 5th, 6th, or 7th level aspects – and higher in some instances. This problem affects the human level energy bodies as one might imagine –and has a deleterious effect on one’s ability to connect to the higher planes, including one’s “higher Self”. Consequently, new aspects (often “upgrades”) would be needed, repairs to those which could be repaired, etc. And this would often need to be done more than once. Some were able to call this in for themselves, many required the help of advanced “energy workers” to facilitate repairs.

It has been an exhausting and never ending battle. And these were not always stable "repairs" or "upgrades" under the circumstances of dwelling in a fallen zone such as this. Thus repeated work would be needed, especially for those who were using their spiritual capacities for the higher work and not dissipate or consume them as “fuel” just to maintain the ordinary human existence.

This is yet another reason I wrote an invocation to one's highest level of differentiation from Creator –it is your highest of highest Self with the capacity to bypass many of these problems.

-//-

Indeed there are many who are simply too incapacitated to muster the will to repair or call in this connection. Consequently, there are many awaiting “rescue” and reconnection to their own source energies. However, the circumstances under which this may occur may not be a “pleasing scenario” to the human level point of view that is still inured to the illusion of “being human”.

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Hence it behooves each to develop a very matter-of-fact higher level point of view. Sometimes this begins with a simple “as-if” exercise to develop a new pattern of consciousness and cognition. Exercises such as the invocations here and the “Crystal Body” can help.

However, there can never be a guarantee of 100% success at this under the present situation.

While so much is now in a state of flux at all levels of cosmological existence –as above and as below –under such circumstances, the risk of spiritual depletion is hastened if one is distracted by all the fears, conspiracies, and false hopes that are promulgated to keep one hooked and addicted to staying in “the human-on-earth game”.

...And some will find themselves waiting until it is time for their rescue and extrication from their human embodiment on Earth.

-Alex

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## **High Attractor: Your Monadic Higher Self**

July 31, 2014

I wish to emphasize further what has been written in this section.

Your Monadic Self is, in most cases, the largest Spiritual structure that is of the Essence of Creator and that has the capacity to “bring you home”, regardless of what has occurred at your lower levels of being, 3d human or higher levels.

It is your “God Self”.

In most cases, the Monadic Self, the highest level of individuation emanated from Creator, was imbued with tremendous capacity and coherent structure to minimize its own dissipation and ultimate destructuring.

In most cases, the Monadic highest self includes the Higher Oneness from its inception.

How or why this came to be is not relevant to this short posting.

So this is yet another reason to attend to this high connection.

Attract yourself to your highest origins, your ultimate spiritual “parent”.

Attract it to you. Call upon it.

And invoke the greatest measures of the corrections process. Do your other practices.

This may seem at a bit impersonal, but it is the primary point of origin for that aspect “you” that is reading these words.

For most, it is your highest attractor.

-Alex

*Postscript:* It is exceedingly rare for any entity to merge into Creator. Few have the capacity, Fewer have “permission”. Your Higher Monad Self / God Self is not to be confused or confounded with merging into Creator.

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## Compilation on the “Corrections Energies”

April 6, 2013

### **An Invocation, An Intention, An Attention** *(last updated Dec 22, 2012)*

Every evening before retiring and during the day as you feel necessary:

\* I call upon my lower, middle and higher self. I call upon my highest source origins and my connection to the highest levels of true Oneness and Creator of All.

\* I invite and call in the fullest extent of the highest of the correction energies to enter and descend my entire being down to my human levels and beyond.

\* I invite and call upon the fullest extent of the highest of the correction energies to enter and flow through the space between my atoms and create and maintain a continuous flow through the entirety of all of my being.

\* I call upon the correction energies to clean, clear, or dissolve any and all dark side influences in my being at any and all levels of my existence.

\* I call to me all the particles of the true light in my being as the particles of true light in my being call me to them.

Ask and allow these energies to flow through you. Do not “direct” or intend them in any manner whatsoever. These energies have their own built-in “guidance”. Just let them flow through you. Over time your own capacity will grow and so will the process of the larger changes that may concern you and the totality of your own greater being.

Allowing and encouraging these energies to flow through you will help accelerate their effect in the lower density levels of 3d and related vibrational space. In effect you become one of many “backdoors” for these energies to do their work in this realm. Cultivate a “high affection” toward these energies and toward your own intentions with them. This is a type of mutual “high attractor” with the “correction energies” emanating from the higher Oneness.

*Note:* This cessation of the Dark influence is something that the ‘Correction energies’ will be involved in, it is not of your individual concern. Do not interfere, just let it flow through you and outward. –ASK

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## Short Update on Corrections Energies

April 19, 2012

...a short note about the correction energies.

Consider:

- The human body and those awakening selves receiving ongoing corrections and upgrades;
- The light body of the awakened Self, receiving ongoing corrections and upgrades;
- The collective body of the greater or soul Self, receiving ongoing corrections and upgrades;
- The Earth body and its awakening Self, receiving ongoing corrections and upgrades;
- The solar-related energies influencing this local system;
- Larger galactic energies influencing this system and all that is in it;
- The larger creation beings influencing this creation system;

...and a new creation in which individuation is being developed yet without the problem of duality of the dark.

Most all things are now in place and much will be changing in surges and jolts of increasing intensity and duration.

It is now and always has been about the separation and removal of the true Light from the parasitic embrace of the Dark and the retention of all that has been spiritual learning from this level of existence. Please remember this. It is the closest thing to the “prime directive” at this time. By now, we have provided most the needed guidance for these times.

Do not dissipate your precious Light through the distractions of a biological and social existence based upon illusion and falsehood.

A vibrational separation will be intensifying and will influence everything – atoms to physical beings and memory and consciousness.

Duality as it is expressed in this realm will be brought to an end, along with it will be foundation of this existence. How long this process may take to 100% completion in human earth time is unknown. Each step is reviewed as it is made and effects are noticed and “reported”. Each subsequent step depends on that which preceded it. Yet all is headed to a specified resolution. Only the details of

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the pat are what is created as we go.

There are those on earth at this time who are anchoring or conveying some very powerful energies and intentions. This also sets up a powerful tension or attractor energy. When this is freed up or however it is released, much more will change and so very quickly. Some of those are here reading this now. This is one reason I counsel to “stay the course” as long as it is tolerable and appropriate to your being here. We cannot “be here to go” without first “being here”. Think about that. And so many have worked mightily to descend more of their greater being, or at least open up a full connection to their greater being and beyond. This is also why I suggest knowing the difference between your human “self” and your “true self”. And why I made a short addition to the correction energies invocation.

(When Dr. Arroway was in the sphere in the movie “*Contact*” there was a point when the chair in which she was physically restrained vibrated so violently it could have killed her. The chair was never part of the design, it was placed there by well-meaning human ignorance. Only when she looked out from her dangerously shaking perch that she noticed all was peaceful with the floating compass that metaphorically indicated her way. Through presence of mind, she freed herself from this restraint, one that was not in the original design, and in so doing only suffered a small injury.)

I would add to the above "invocation" an additional request for the “correction energies” to strongly “illuminate” -- from the top down -- your central core energy to clear it of any deleterious energies or other influences and to upgrade your core. Imagine it to be of such intense brilliance that nothing but Truth (the true Light) can withstand it.

Consider, if you are trying to get out of a sticky trap, you free one leg, only to get the next one stuck, then an arm, etc.

I wish to note here that the correction energies are adding an additional component, like a high-strength solvent to dissolve the bonds which have glued the light and dark in this realm and within the parameters of the human body and human existence on Earth.

-ASK

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## What of the “Correction Energies”?

April 24, 2012

Please note: This short update is posted under a board which does not allow posts. Comments are welcome and should be posted under the “Spirituality, Transformation, and Ascension” board

- <http://newearthsummit.org/forum/index.php/board.7.0.html>.

*I suggest adding to the main "invocation" an additional request for the "correction energies" to strongly "illuminate" -- from the top down -- your central core energy to clear it of any deleterious energies or other influences and to upgrade your core. Imagine it to be of such intense brilliance that nothing but Truth (the true Light) can withstand it.*

*As of now, the correction energies are adding an additional component, like a high-strength solvent, to further dissolve the bonds which have glued the light and dark in this realm and within the parameters of the human body and human existence on Earth. Imagine your vibrational state increasing steadily and safely as you work yourself loose.*

*Correction Energies "invocation":*

<http://newearthsummit.org/forum/index.php/topic.1379.msg5783.html#msg5783>

It is now the end of April and I wish to share my initial assessments.

Beginning this year, we urged everyone to give the “correction energies” their closest intention and attention for three solid months through March or early April. This was also “part and parcel” of attending to ones internal and external “completions”. Those who have been doing so and who have reported their experiences have for the most part noticed various and welcomed changes. A few said they had trouble connecting with them and could not report much.

Except for unique personal changes, we have said that these correction energies would not likely have any outward and identifiable external beneficial effects in the human social-political world. Considering there is very little remaining of any raison d'être for the extant human world, it is not surprising that the madness and insanity of that world is growing among all levels of society. This suggests further reason to detach and disengage and minimize interactions to the simplest necessary.

The work of these recent few months yielded some important changes to ones

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consciousness, subtle fields, and physical body as well as to the consciousness, subtle fields, and physical body of the Earth. The planet has been undergoing increasing changes that will also become more evident in externalized or physical phenomena. And so humans are experiencing changes as well. Sometimes these are attributed to effects from the sun, but even these are related to the “correction energies”.

Overall, those who have been most focused on the ascension “corrections” have found that they are more connected to a higher level of being and less connected to their mundane existence. This tends to exacerbate a challenging situation of “betwixt and between”. You know you are headed from “point A” to “point C”. In the interim is “point B” but getting to “point B” requires letting go of and leaving “point A”. “Point A” for most, has to do with their myriad connections to the human and physical world, including that of a physical body. For many, this is a fine thing to aspire to and contemplate but it is not so readily accomplished. Imagine it is like voluntarily stopping ones heart or breathing only to begin it again under conscious direction. In other words, it is often difficult and disturbing to the ordinary self. But this is what we have been doing, in little steps as well as in huge strides.

Many have reported inexplicable exhaustion or fatigue-like symptoms as our physical cellular chemical-light processing channels switch from the old and familiar mode to the newer, interim mode of point “B”. As this occurs, there can be bodily changes, including altered sleep patterns, changes in food appetite, neurological and muscular problems, and more. Fortunately our bodies contain a huge number of cells so some can carry on with ongoing maintenance while others switch from one mode to another. As that occurs, then those in the new mode begin to take over and the cells operating in old maintenance mode commence switching over. This is why it is very important to attend to ones overall physical health and fitness.

Something similar has been going on with the planetary body as well.

The process has until now been gradual so as not to prematurely burn out our subtle energy and biological circuitry. (Some say it has been too gradual!) So consider this to have been a preparatory period in which to build a new capacity for these changes. Now things will be ratcheted up a notch or two. Then more. As I have said in recent Updates, the process is “on track”.

The “plan” has been to facilitate the ascension process so that the highest likelihood for complete success for the largest number in any given situation can be reached.

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Those who continue on through this process will be wielding highly purified and concentrated spiritual energy. Some may develop into “guides” who help the process along for many more, including their ascension from this realm. In some cases, this may result in no longer having a human physical body.

If we project this process out from what is known, it can help carry some into a very high state of consciousness while still embodied. Some here might ask, “why bother”? I would say that this helps concentrate more of the learning from this realm while further developing ones higher energy bodies. Some here will become repositories for what has been learned here and thus become a vital part of the larger evolutionary process of creation.

For each, this process is unique and as always it is up to each individual to carry on as best as possible while the general world in which they reside continues to deteriorate into the abyss in every way possible.

Will some seemingly vanish from human physicality to the perception of others in 3d? With sufficient high-coherency of a high vibrational state this is possible and demonstrable. But this is not the main purpose in our being here, nor is it some “holy grail” of the ascension process. For those who may be involved, they will likely know, but let us not be distracted by such things.

*It is all about the distillation of what has been learned from these levels of density, the lessons from duality consciousness, and the extraction or “rescue” of the true Light of true creation from its entwinement with the Dark in distorted realm of existence.*

For the “fraction of a fraction of a fraction of a fraction” of humans who are consciously on an ascension track this next stage to the “correction” process is to help with dissolving the glue-bonds between the Dark and the true Light. This includes those self-maintained bonds by those who are mired in an enforced “amnesia”. This problem is extensive and includes the supposition that the human world is what is “real” and in mistakenly assuming that one is a human and not an aspect of a larger spiritual being.

It is likely the bulk of humans will awaken to a spiritual existence once they pass from their bodies, in the interim most will act as if they have no spiritual essence whatsoever.

Being here now provides a fascinating experience with one of the most difficult “changeovers” in creation. Much care is being taken as possible by higher level forces helping to guide this, yet there is no guarantee of the extent of success, only that it will succeed.

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I am sharing this to help with the general understanding of why things are as they are. It is not my intention or desire that this become another “excuse” for extended suffering and degradation of spiritual beings in a realm of darkness. To all those who staying the course, this is something that one does as long as it is tolerable and appropriate to ones existence here.

At some point in this transition process, there is the possibility of exhausting of ones spiritual energy while trying to hang on to the illusions of this human existence. The firmament of “point A” is not very firm. Sooner or later one must take the next step to “point B” or beyond. Trying to help other humans while trying to do this work yourself is very difficult. You need your own “oxygen mask” on first before you try to help others around you. The natural tendency of humans in a collective setting is to pull all down to a low level of commonality, eventually into an abyss. Depending upon ones physical, mental, emotional and spiritual capacities, this become a dangerous situation that can quickly exhaust ones nascent spiritual capacities.

The “abyss” will also be transformed but in what way or when, I cannot speculate on.

Once again, the more you can detach from the external, the greater your capacity to attend to your higher level internal concerns. The more you can detach from internal illusions and falsehoods, the greater your capacity to attend address any external matters. And so your overall capacity grows. Much will be changing soon. While some may be focused on “survival prep”, there are those who are more focused on “ascension prep”.

-Alex

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## **Correction Energies - Update**

July 18, 2013 - July 19 edited for clarification

*Note:* This concerns the lower levels below human “3d”. (A simple schematic in the “Crystal Body” exercises illustrates this.

In the past I have recommended against going into the lower realms as they are what we would call “hell realms” and have been ruled and infested by the Dark. Instead I have recommended letting the “Crystal Body” practice take care of your lower aspects in conjunction with the “Correction Energies” in general.

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The “Correction Energies” have been working to address these lower realms and this has caused me to describe the “press pot filtering” as having a filter coming up from below 3d while the higher levels filter continues to press down through 3d.

When you are invoking the “Correction Energies”, I suggest it is time to add the following request of the “corrections” process:

Ask that the “Correction Energies” flow down to the lower levels below your 3d state to Clean and Clear and Repair your lower aspects and free them from any and all Dark force influences, without exception.

Ask the “Corrections Energies” to Resurrect and Reconnect your cleaned and cleared and repaired lower levels to your greater totality of being and to elevate them along with all of you as you go through the corrections filtering required for ascension into the upper levels.

You might also add the caveat that if it is not possible to Clean and Clear and Repair excessive damage to your lower aspects, then ask the “Corrections Energies” or the Divine to dissolve with fullest Love, that which can no longer be retrieved. These lower aspects, if irretrievable, are linked with the corrupt “machinery” of a corrupt 3d matrix. I regard them as hitherto unnoticed tethers to your “balloon”. But leave the “decision” up to your higher levels of being and/or to the Divine.

I suggest invoking the correction energies daily. Especially at night before retiring to sleep.

-ASK

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## **Addition to “Correction Energies”**

### **About potted plants...**

July 21, 2013

*Note:* This addition to the “Correction Energies” invocation is coherent and consistent with the “as above-so below” principle. In this case, the “as above” is your human level Self and the “as below” would be your lower aspects. (If you do not know what this is referring to, please see the diagrams shown in the material on the “Crystal Body”.) -ASK

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Higher level beings/soul beings with human presences are required now to “clean up their act” and “pull themselves together” or eventually revert to a simpler level of being.

It is difficult enough for a higher level being that is accustomed to operating outside of Earth-human linear time flow to undergo such a process with its human level presence. What makes this even more difficult is the hold that the lower aspects have on the human level. For those humans who have reached a certain spiritualized threshold, it is important to address your lower aspects as you take an active role in your own ascension process.

If you already have a functional connection with your own higher levels, then this will be more straightforward. Otherwise, consider that the 3d level of you occupies a similar problem to your higher levels as these lower aspects represent to 3d you.

As readers are aware, it is the distorted and corrupted flow of energy and information from the 3d level that has adversely affected and infected higher level beings/soul beings (the “garbage in-garbage out” principle).

Likewise lower levels of your human self and human vessel are linked to the levels of matter which have been corrupted by the Dark. These impulses of the corrupted bio-matter “machinery” set severe parameters which resist an expanded spiritual consciousness and which influence the Self to ways that resist Realizing ones true nature as a spiritual being.

This is the basis for why the vast majority of human Selves to resist and refuse spiritual consciousness and why there will not be any collective spiritual



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awakening from the human 3d level of being. This is, of course, also one of the underlying factors inhibiting conscious ascension from the 3d level for an individual Self.

Those who can sort out their base animal self from their true Self and who can cease thinking as a “human” and to think and know as a spiritual being, can surmount these problems through intention, attention, and the assistance of the “corrections” process which emanates from the Divine.

For those human Selves that have given priority to their true nature as part of a spiritual being, one can use that consciousness to help free ones lower levels.

A simple analogy to this is would be a potted plant (representing 3d you) that has outgrown its container or pot that has been left sitting on soil. If left too long in one place, roots will extend from the pot into the soil (aspects below 3d you) and moving the pot may prove difficult. Sometimes the container or pot needs to be broken to save some of those extended roots and the underlying soil loosened. Sometimes this is not practical or necessary and the roots are simply torn away as the plant is relocated to a more suitable environment.

A healthy plant is capable of regenerating new (root) structures when placed in a suitable new environment and its potential and integrity as a plant being will flourish as a result.

Thus if ones lower aspects cannot be adequately cleaned, cleared of the influences from the Dark, and upgraded to be part of your ascending being, it may be appropriate that you let them go, and ask for the assistance of the Divine and its “Corrections Energies” in accomplishing this.

A similar process may be initiated for portions of your human 3d consciousness centered in 3d human existence, this is part of the process of detaching from the limitations of the human 3d environment. Likewise, a similar process may eventually be required to aid in the clearing and upgrading of some higher level beings/soul beings that have become stuck and ballasted by their human level. However, those whose human level retains a spark of the true Light, this will serve as a “signal beacon” for eventual “rescue” and reintegration.

However, before this occurs, the ascension and corrections and transformation process continues on the next levels up to give the human Self and its higher level being additional opportunities to grow and evolve. Time is growing short.

-ASK

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## Going Beyond 4-d Astral

August 31, 2013

Also see:

<http://newearthsummit.org/forum/index.php/topic,1220.msg6128.html#msg6128>

***I suggest including in your “correction energies invocation” the request of your highest levels of your greater being –to emplace a “master override” to prevent wandering in the astral and to prevent any engagement with dark forces. Imagine an additional “anti-Dark” protective tube around your energy core –one that extends through entirety of your greater being and beyond.***

The astral energy body is also one of the main access “portals” to your spiritual beings by dark forces. Astral travel and astral existence is as much an illusionary delusion as is earthly 3d. Have a little fun there if you do, but it is not “home”.

Please note:

This is a continuation and update to the threads: “Where We Are At...”

<http://newearthsummit.org/forum/index.php/topic,1401.msg5904.html#msg5904>

and “The Astral, The Humans, and Ascension...” from December 26, 2012

<http://newearthsummit.org/forum/index.php/topic,1220.msg5951.html#msg5951>

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**For information on the Crystal Body practices and related, please go to: <http://www.pfcn.net/napsum-bull.html> section on “Transformation and Ascension”**

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