

ASCEND

Ascension Sacraments for the Cosmic and Earthly Nutrition Diet

By Tyla Gabriel, ND

Octave 1.6

Throat Chakra

The Throat Chakra controls the airy realm where humanized sound becomes speech that gives birth to thought. The warm air of the Hara Chakra is refined now in the Throat Chakra through the heart's transformation of the outer world into a "blaze of meaning and wonder" that arises from human speech.

Speech gave birth to thinking by naming things and thus meaning and understanding became possible. This type of outer consciousness spans the realm of air and carries with it the higher passions of the heart to spiritually develop and ascend to the spiritual realms. Speech gives wings to the desires of the heart that rise back to its home in the heavens.

The Throat Chakra does this with the help of ionized nitrogen combining with the ionized carbon of the heart. Together, carbon and nitrogen unite to give life and meaning to the natural world, like Adam naming all the things he saw in creation giving them independent identity. Once a "new heart" has been found through alignment of the lower chakras, the upper chakras begin to transform outer "matter" into the substance of meaning that leads to wisdom.

The Throat Chakra works with the planet Mars and through the metal iron. Between Mars and Jupiter (Throat Chakra and Brow Chakra) is a ring of asteroids, some of which occasionally fall to Earth as meteorites. Many of these meteorites bring iron from this ring to the Earth, a cosmic iron



of sorts. The ionized nitrogen of the Throat Chakra is like meteoric iron from beyond Mars. It has different properties that make it - extraterrestrial, in some sense.

Ionized nitrogen from the Throat Chakra is spiritualized and raised up into a higher vibration that is filled with forces of Inspiration like the forces of meteoric iron are filled with cosmic aspects or iron. Words can blaze with meaning.

The Throat Chakra is connected to spiritual speaking and spiritual hearing. It transforms the illuminating plasma of the Heart Chakra and articulates the meaning of the world through speech. This higher form of speaking and hearing is akin to Inspirations that arise through interaction with the spiritual world.

Sacrament: **Maintain** **optimum urine** **and saliva pH**

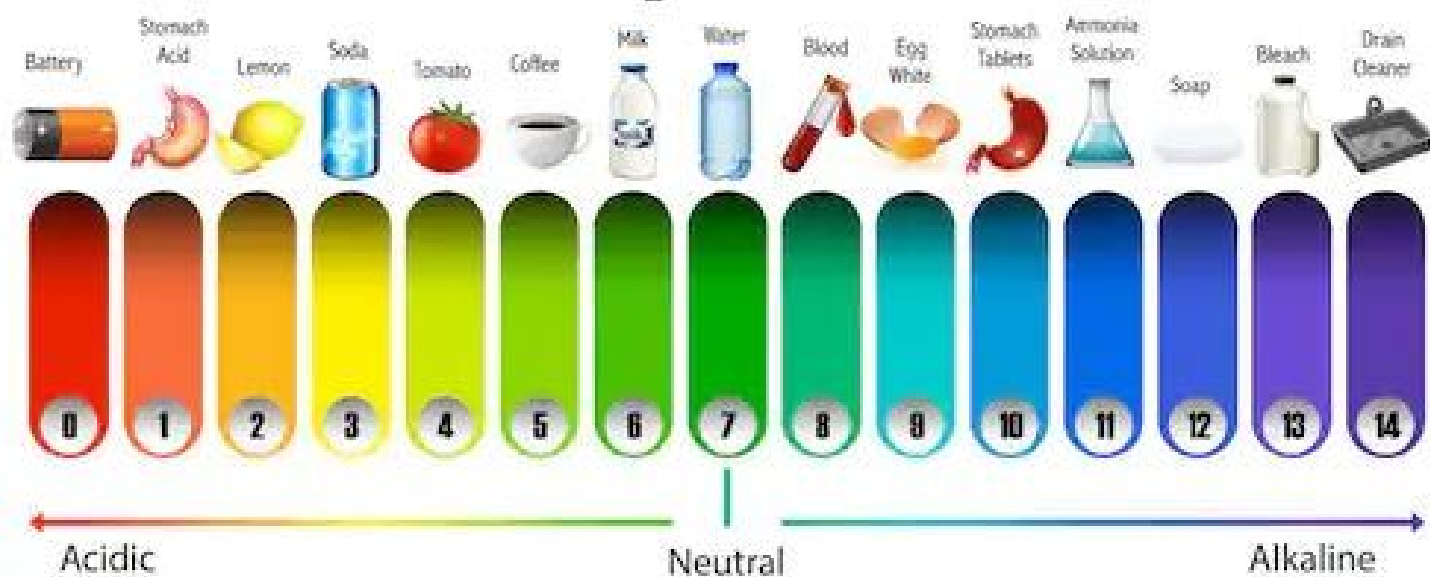


Eat a balanced, alkaline-rich diet

OBJECTIVE:

Balance acidosis and alkalinity in your urine, saliva, and blood for optimum health and nutritional assimilation as well as protection against candida, cancer, and heavy metal toxicity.

The pH Scale



Maintaining optimum pH of your saliva, urine, and blood is important for optimum health. Being too acidic or too alkaline can prevent effective assimilation of vitamins, minerals, and foods and create a physical environment conducive to growth of candida, fungi, and cancer.

Your body pH affects everything about your health. Acidosis will decrease your ability to repair damaged cells, decrease the ability to detoxify heavy metals, make tumor cells thrive, and may be the reason you feel tired and stay ill.

In previous lessons, you learned the reasons why you should avoid products with high fructose corn syrup and simple carbohydrates such as white flour, white potatoes, rice, and sugar. This is especially important when you want to bring your pH in balance within a healthy range.

Your pH level affects every single cell in your body--from those in the brain, circulatory system, nerves, muscles, digestion, reproduction, etc. When your body's pH is too acidic, you are more likely to suffer weight gain, premature aging, heart disease. fatigue, allergies, candida, cancer, etc.

What is your pH?

To get started you will want to test your saliva and urine. There is no need to test your blood for the purposes of this lesson. Using pH strips, monitor your ranges as indicated in the chart below:

Normal urine pH ranges 6.5 - 8.0

Ideal urine pH is between 6.3 -6.6.

Saliva pH should be around 6.5 - 7.4

The lower the pH reading, the more acidic you are and the more oxygen deprived your bodily fluids are. The higher the pH reading, the more alkaline you are and the more oxygen-rich your fluids are. However, that does not mean that you want to be beyond the healthy range of alkalinity.

You can bring your pH balance in the normal range by eating a balanced, alkaline-rich diet. There are also excellent protocols that can be used by introducing baking soda (sodium bicarbonate) into your health regime.



Testing your saliva and urine is easy. Most drug store or health food stores carry pH testing strips, called litmus paper. They come as strips like shown in this picture or in rolls. To be effective, the strips will need to have a color code attached so that you can compare your color with the pH codes of that color.

Please note: Hyperlinked material may become stale or link broken. Research for yourself.

How Baking Soda Became a Cancer Treatment

In the video below, Dr. Tullio Simoncini discusses the success rate that sodium bicarbonate has on a variety of different types of cancer. Find out which cancers respond better to this treatment and why, based on his experience.





Everything you need to know about sodium bicarbonate and health

[click link to access book PDF](#)

Candida Buster Concoction



After identifying any highly acidic foods, especially sugary products, that you eat on a regular basis, work to eliminate them from your diet, adding alkaline foods as you can.

Sometimes the sugar cravings and overgrowth of candida in your body make it difficult to make these changes, so we recommend the acidosis-buster concoction of maple syrup-baking soda for a week or two. You will be surprised how your sugar cravings diminish.

It is also a great way to get rid of candida growth that occurs throughout your body and which can lead to fungus growth and cancer.

Mix baking soda and grade B maple syrup in a sauce pan over low heat until bubbly.

The ratio is 1 part baking soda to 3 parts maple syrup. After the mixture is cool, pour into a jar or container that you can easily stir the product as you use it. When the mixture sits, the baking soda will settle on the bottom--so you will want to stir before every use.

In the beginning take 1 tablespoon, twice a day. OK to chase with water if you don't like the taste.

The maple syrup acts like a "Trojan horse" for candida which loves sugar. As the acid-loving candida races in to eat the deliciously sweet syrup, it gets instantly neutralized by the alkaline baking soda.

Once your candida is neutralized throughout the body, you may notice your craving for simple carbs and sugars is diminished and symptoms

EASY TO MAKE!



Baking Soda Capsules

Once you have created a better digestive system in your body by implementing the protocols we outline in ASCEND lessons Octave 1.1 - 1.5 and eliminating candida overgrowth as explained in this lesson, you may occasionally get acid indigestion or notice that your pH is slightly high after eating certain foods.



Instead of reaching for an over-the-counter antacid like Tums or Rolaids, put a teaspoon of baking soda in a glass of water and drink. This will give you an extra boost in helping your stomach digest its food. If you don't like the taste, drink some water with your own home-made baking soda capsules.

Baking soda capsules can be made by filling empty gelatin capsules with baking soda. Once your pH is balanced, you might consider taking one baking soda capsule a day to stay in balance and ward off any candida

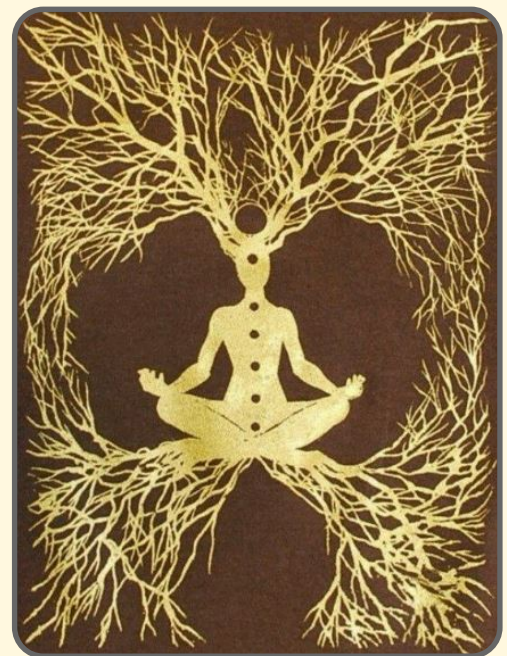
Signs that you might have candida overgrowth



Have you seen our lessons on the endocannabinoid system?

Check out this amazing link filled with game-changer information about cannabis, hemp, and CBDs.

Soma and the Tree of Life



Sacrament:

Nourish your thyroid



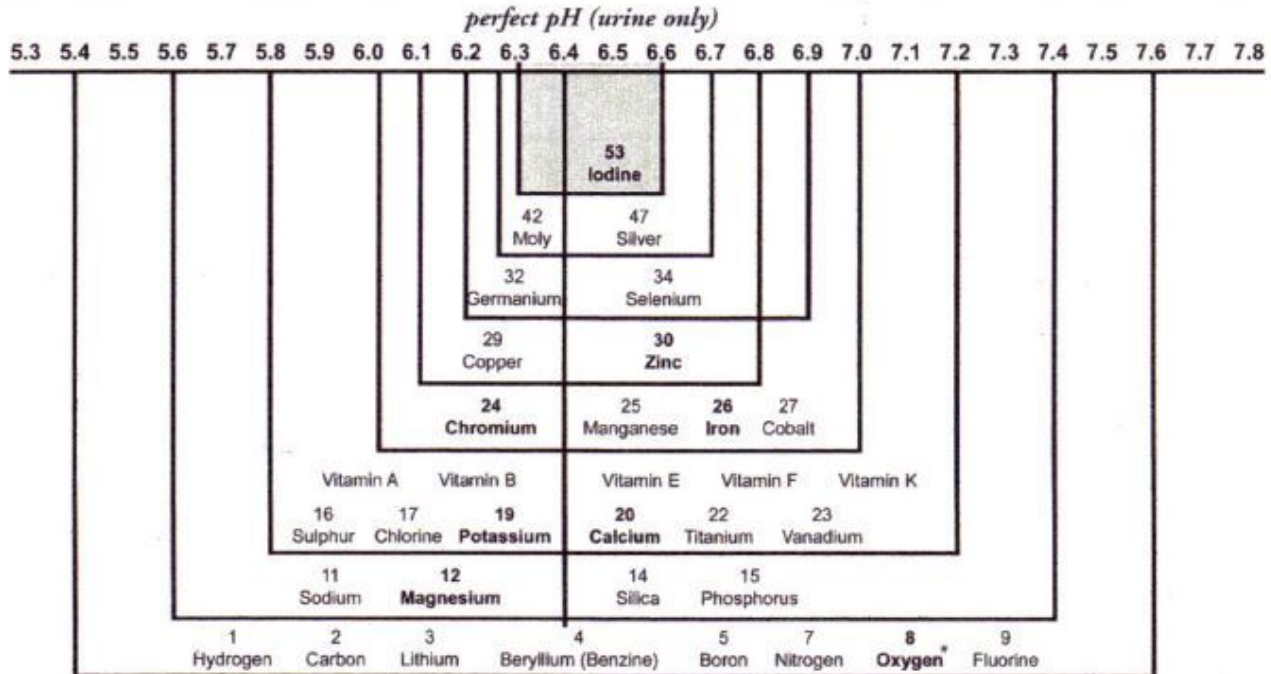
Supplement with iodine

OBJECTIVE:

Maintain a healthy thyroid that can assimilate iodine by keeping the body pH between 6.3 -6.6.

Mineral Chart of Acceptance

The cells of the body extract nutrients from the blood most effectively when the proper pH is maintained.



Herbal programs are most effective when pH balance is maintained.

Your body's pH will determine which minerals your body can assimilate. If you are too acidic or alkaline, you will not be able to utilize all of the minerals that you need for health.

In the Mineral Chart of Acceptance above, notice the different ranges required to absorb each mineral. For example, in order to absorb hydrogen, carbon, or oxygen, you need a pH range of 5.4 - 7.6. To absorb iron, your pH will need to be within the range of 6.0 - 7.0. If you are outside of this range, you will not be able to assimilate iron, hence you may feel tired or fatigued.



Thyroid Health

The thyroid, the main gland in the throat chakra, needs iodine in order to function properly, yet if you are outside of the pH range of 6.3 - 6.6, your body cannot absorb iodine. You may be diagnosed with thyroid issues, including cancer, if your thyroid is not nourished with iodine.

In order for your body to absorb all of the minerals on the chart, you need to maintain a urine pH of 6.3 -6.6. Once your pH is balanced, consider adding dulce, kelp, or nascent iodine to your daily diet, all of which are excellent sources of iodine. This way your thyroid will be nourished, plus the presence of iodine (as long as your body can assimilate it) aids in the absorption of other minerals.

In order to keep the throat chakra healthy, you need to

- 1) balance your overall pH, and
- 2) supplement with iodine.



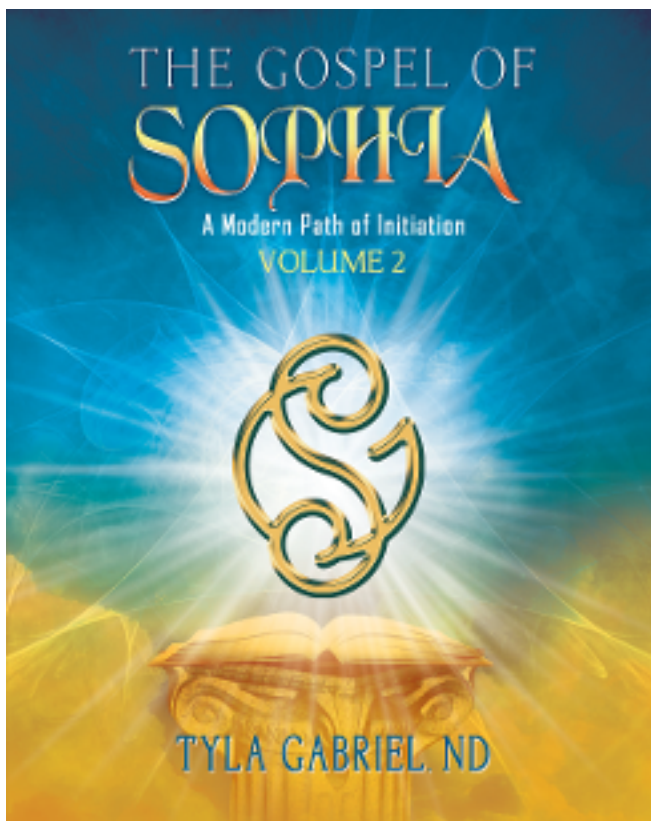
"Enzymes are the bridge between the physical and the spiritual world."

Dr. Rudolf Steiner

Can the miracle of enzymes help you?

For best results, start at the beginning of the ASCEND diet. Click below to access the program. Please, share with family and friends.

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Spiritual Contemplation

Read the chapter entitled, Tongues of Flame , in A Modern Path of Initiation , paying close attention to the section on the throat chakra and its importance to the process of the etherization of the blood.

How does Imagination come alive in the throat chakra?

How do our thoughts attune us to the language of the gods?

How does the thyroid control the rhythms of life?

Here is a FREE PDF version of the book to get your started:
[**A Modern Path of Initiation**](#)



Come play the Glass Bead Game with us. We are at

www.ourspirit.com

www.neoanthroposophy.com

www.gospelofsophia.com

www.eternalcurriculum.com

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