

ASCEND

Ascension Sacraments for the Cosmic and Earthly Nutrition Diet

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Octave 1.2

Creation Chakra

The Creation Chakra is a gift of the gods to humans that share the responsibility of creation. Humans are gods when they help create a new body that can temporarily house an immortal human spirit. This gift is so powerful that few humans have understood the genesis and evolution of human procreation.

Power lies in the second chakra and its mysteries of life that have yet to be fathomed. The modern world would call divine creation sex, or many lower variants of that which is the primal "fruit of the tree of life." The understanding of the Tree of Life is now becoming the focus of science that wants to understand embryonic stem cells, which seem to be immortal. It is a wondrous fact that male and female sex cell DNA does not degrade over the lifespan of a human being. These cells in men are still as perfect at age 90 as at age 16.

These mysteries seem to suggest that the secret of immortality lies physically in the second chakra.

Sex and love are often confused in our day and the power of procreation has become recreation. The roles of male and female are being confused and the future reality that sex will not be needed to procreate seems to be indicated by a push towards androgyny. This points to the spiritual fact that each person has a male and female side to themselves.



A male body has a female etheric (life) body and a female body has a male etheric body. It is the task of spiritual development to merge the duality presented to us in the world - male/female, day/night, light/darkness.

Standing upright is singular and a foundation for ascension up the ladder of the chakras. Understanding duality is necessary to understand the world and our self in relation to others.

Sacrament: Choose living water



OBJECTIVE:

As you continue to provide better, cleaner drinking water for you and your family, integrate other techniques that can bring living resonance to your water.

In the last ASCEND lesson, we asked you to bring consciousness to the water you are currently drinking and to drink better, cleaner water than you are today. We asked you to know the source of your water, whether it is fluoridated or contains toxins, and what its pH is. Your assignment was to make your water cleaner and better.

We also reminded you to make sure you are drinking enough good, clean water every day and to eliminate drinks that contain sugar, high fructose corn syrup, or acidic pH ingredients. Drinks like this have a net negative effect on your body; it takes more life energy for your liver to filter what you just swallowed than the life benefits it offers you.

In this lesson, we ask you to enhance your water by considering reverse osmosis, oxygenation, or having fun with and giving blessings and reverence to your clean, better water.

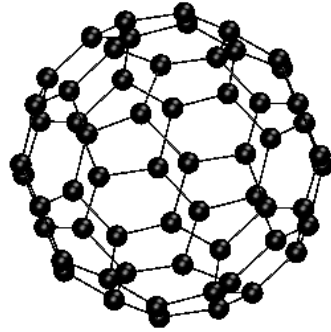
Here are some examples of how we enhance our good, clean water:



This is a container of water that we keep on the kitchen counter. It is pH balanced reverse osmosis well water that sits on a purple plate with a sigil attached to it. Remember the [purple Tesla energy plates](#) from years ago? If yours is tucked away in a closet, bring it out and give your water pitcher a special resting place. If you aren't familiar with the power of our sigils, then [CLICK HERE](#) and download your own.

We also add a shungite rock to all our water containers. Read how we antidote EMFs with shungite here:

How to Antidote EMFs and 5G



We also like to use the Soto ozone generator to give our drinking water extra oxygen. When you smell Ozone or O_3 , you may be reminded of the smell of a surgical room where ozone is pumped in the room to neutralize toxic chemicals, viruses, and bacteria. We find that drinking good, clean water that has been treated with O_3 gives us lots of energy throughout the day.

Children love to drink water from a gurgle pitcher. The whimsical fish shape with its unique glug, glug sound is a great way to entice your little ones to pour and drink more good, clean water. [CLICK HERE](#) to see one demonstrated.

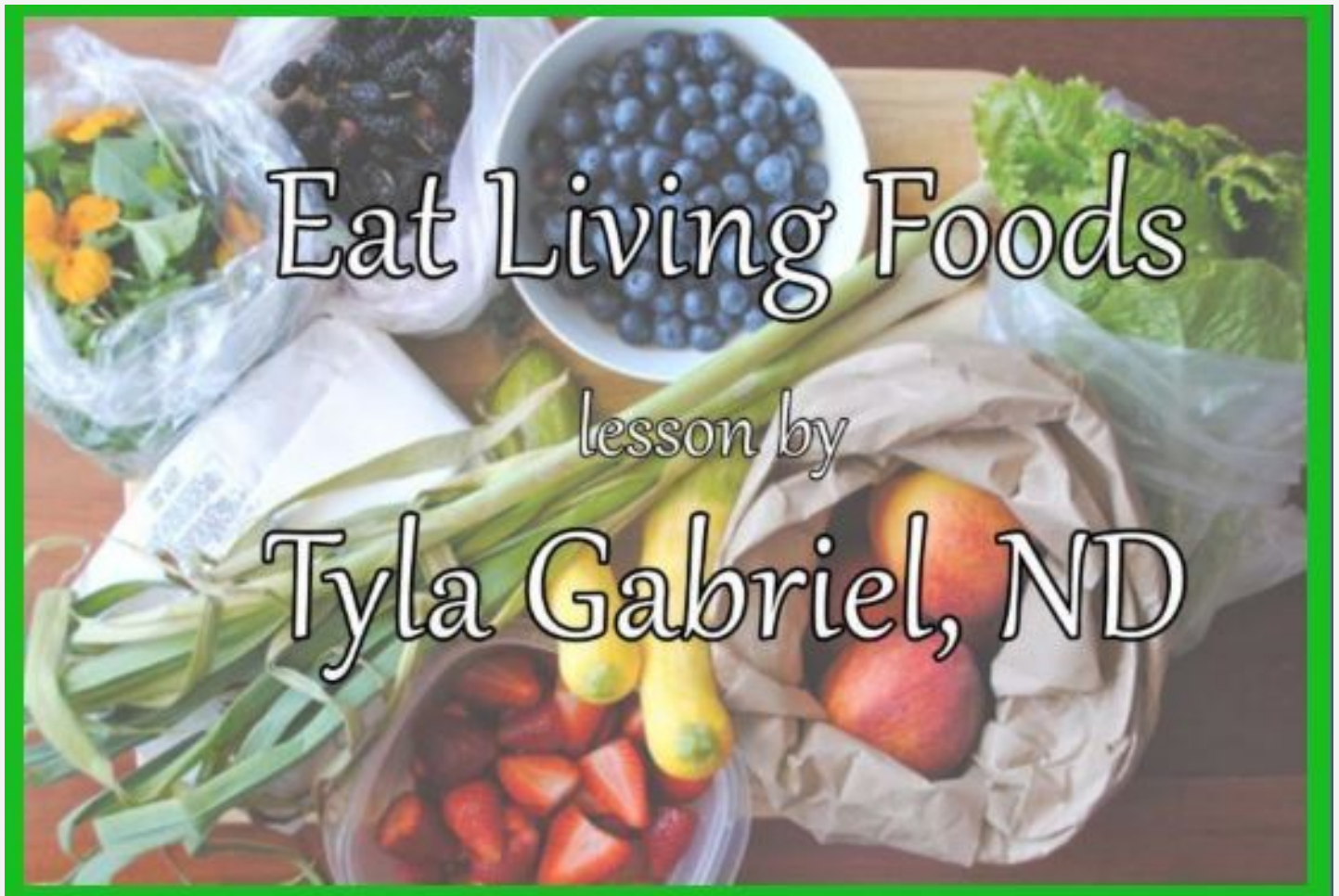


Sacrament: Choose living food



OBJECTIVE:

Nourish your body, organs, and systems with foods that are full of life and are grown in rich, vibrant soils, harvested in methods that preserve their wholeness and nutrition. Do your own research to find out how soil health, agricultural processes, food preparation, and eating practices affect the life forces needed for good health.



LIVING FOOD INCREASES YOUR LIFE VIBRATION

Access the lesson on living foods [here](#).

When we eat living food, our life frequency is higher. We resonate in good physical health and wellness when our diet is filled with fresh, organically-grown fruits, vegetables, and proteins. Every time we consume foods that have been irradiated or made of genetically modified organisms, are heavily processed, filled with high fructose corn syrup, or grown in poor soils, we are consuming foods that lack the physical, etheric and astral forces of the food have been stripped away.

A century ago organic farming and eating a diet focused mainly on plant-based foods grown in mineral rich soils was the norm. In this day and age, however, we have to make an effort to eat fresh, pure produce and foods. We have to expect that the prices of these foods cost more as well. Spiritually conscious people realize that good health has a price; you pay for it at the front end at the farmer's market or grocery store with higher priced produce and protein... or at the back end with expensive medical treatments for poor health.

Your homework for this lesson is to do your own research on the importance of good soil that is chemical and pesticide free, heirloom seeds, best farming practices, and community supported agriculture, To get you started, please [click here for a lesson on eating living foods.](#)

Education yourself on how GMOs alter the function of your creative chakra organs and systems, cause intestinal inflammation and cancer, and wreck havoc on your reproduction system.

Having an issue with infertility? Could be the GMOs you are eating.

What about your children's ability to have a family after a childhood of eating boxed cereal and drinking high fructose corn syrup?



Begin your own research about the safety of GMOs in your family's diet. Then learn about biodynamic farming in the video below.



DRINKING WHILE EATING

Did you know that your saliva contains an enzyme called amylase that is very important to the digestive process? If you drink while you eat, you do not give your saliva an opportunity to get amylase into the chewed food. When amylase doesn't go down with your chewed food to your stomach, it is more difficult to digest.

This can cause bloating, heartburn, acid indigestion, and gastric distress. Of course you can drink after you have swallowed, but using it to wash down your food is a main reason for digestive distress.

Yes, Mom was right:

Take small bites and chew your food thoroughly, until it is liquefied with your saliva;

Don't wash your food down with liquids (water, wine, cola, coffee, lemonade, seltzer, milk, etc.)

By chewing each bite thoroughly, you make sure it gets coated with your saliva and amylase before heading to your gut for further digestion.

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

Say Your Blessing



Blessing your food and drink prior to eating isn't just some quaint ritual that you should do at holiday meal gatherings. There is actually a science behind what happens to our food and water when we give grace and reverence for our meal. Dr. Masaru Emoto shows us how human consciousness effects the shape of water crystals, which can help us understand the power of blessing and gratitude as we eat and drink our meals.

Our family favorite, from Waldorf tradition, is:

Earth who gives to us this food,
Sun who makes it ripe and good
Dear Earth, Dear Sun
By you we live
Our loving thanks to you we give
Blessings on our meal, and peace on earth



Water, consciousness, and intent - Dr. Masaru



**Savor: Mindful Eating, Mindful Life -
Dr. Lilian Cheung**

Spiritual Contemplation

Please review pages 143 - 156 in The Biographies of the Divine Feminine Trinity. This is the chapter on Sophia the Goddess of Nature.

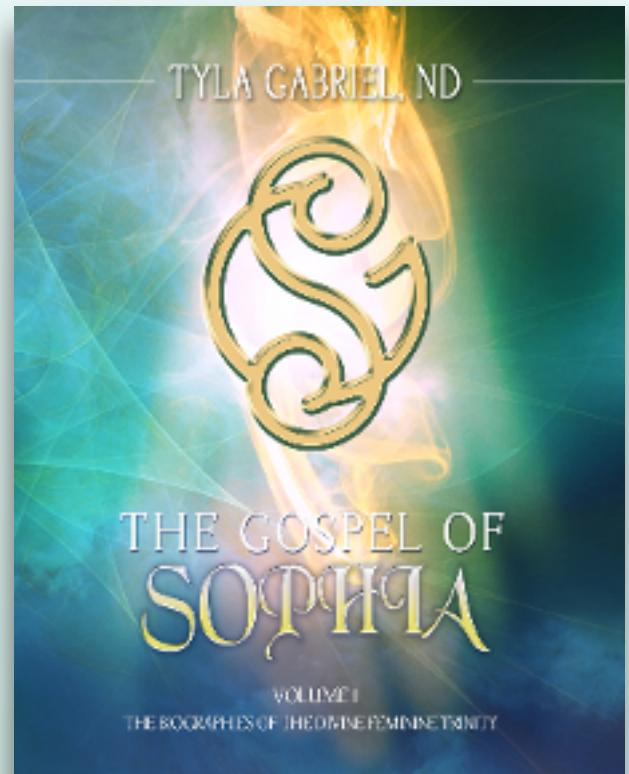
How has modern science divorced spirit from matter when creating genetically modified organisms and specialty seeds?

What is the cosmology of scientists who research, develop, and distribute vaccinations, super foods, allopathic drugs?

How do these techniques affect mitochondrial DNA in living beings?

What is the slow burning fire and how does what you eat and drink affect your life spectrum of vibration?

Meditate on the creation chakra. Our favorite piece for contemplating the forces of creation is Barber's Adagio. An excellent rendition is by the Dover Quartet [CLICK HERE](#). Imagine the creative forces of Sophia turn and move in your lower chakra as it rises up your spine to the crown chakra, spilling into divine consciousness as you connect with the universal forces of creation.



Our Medical Disclaimer

Conscious Clairvoyance

Many of you may be familiar with the esoteric principles of how the pineal gland works in reading **The Gospel of Sophia: A Modern Path of Initiation** where Tyla and Douglas Gabriel explain the earthly cosmic nutrition stream and the relevance of the pineal gland to awakening consciousness. As they write, "This rainbow of



dancing from the pineal gland to the pituitary gland is of utmost importance in understanding how matter turns into spirit."

Christians might see these as the flames of Holy Spirit just above the apostles heads at Pentecost. In Ancient Egypt, the symbol of the Eye of Horus mirrors the placement of the pineal gland in the profile of the human head. Many religions reference the third eye as a revered tool of seers and mystics and consider it to be the organ of supreme universal connection.

Ahrimanic forces want to keep your kundalini forces suppressed so that you are unable to activate your higher chakras. When you are locked in your lower chakras through over or perverted sexuality, poor diet

(GMOs, irradiation, glyphosates), tainted blood (immunizations and drugs), and cloudy thinking (fluorides, poor education), you cannot achieve activation of the pineal gland and you are "stuck," so to speak, in a material-physical prison.

You can never escape "prison planet" because you have not connected to higher dimensions that can take you beyond time and space.

Think of it like this--- in your creation chakra, you have sex organs which contain the potential of creation. This chakra brings spirit into matter. Human life is created from these glands.

At the higher end of our physical upright body, we have the third eye and crown chakras where the pineal and pituitary glands are located. Their function is to turn matter into spirit by using piezoelectrical energy as described in **The Gospel of Sophia: A Modern Path of Initiation**. This process activates what many call "ascension."

It is hard to describe what happens when your pineal gland is activated because the experience is in another dimension of consciousness . How do you explain color to a person blind all of his life? This is a space of joy, abundance, harmony, synchronicity, and ease.

You are in the flow of the divine, a capacity that we call conscious clairvoyance , or Spirit Self, where wisdom and truth reveal themselves to

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The complete ASCEND program is located at OUR SPIRIT



you in miraculous ways. The best example we have to offer in the physical-material realm is the body of work which is found by playing the Glass Bead Game . This is our expression of the unveiling of truth and wisdom as it flowed through our capacities.

We can't tell you how you will express conscious clairvoyance in your life. Each person has unique capacities, and through these, different expressions will arise. But we can say that when you find the "jailer's keys," you will want to break the hell out! Then, you will want to help others break out, too, just as we are trying to do for you.

If you are ready to start your path towards higher knowledge and enlightenment, we recommend that you begin clearing your chakras by working through the protocols of the ASCEND diet found here. It's free. You will learn a lot. It is self-directed; you are your own guru and teacher. And - best part - your health could be greatly improved, especially your digestion!



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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