

ASCEND

Ascension Sacraments for the Cosmic and Earthly Nutrition Diet

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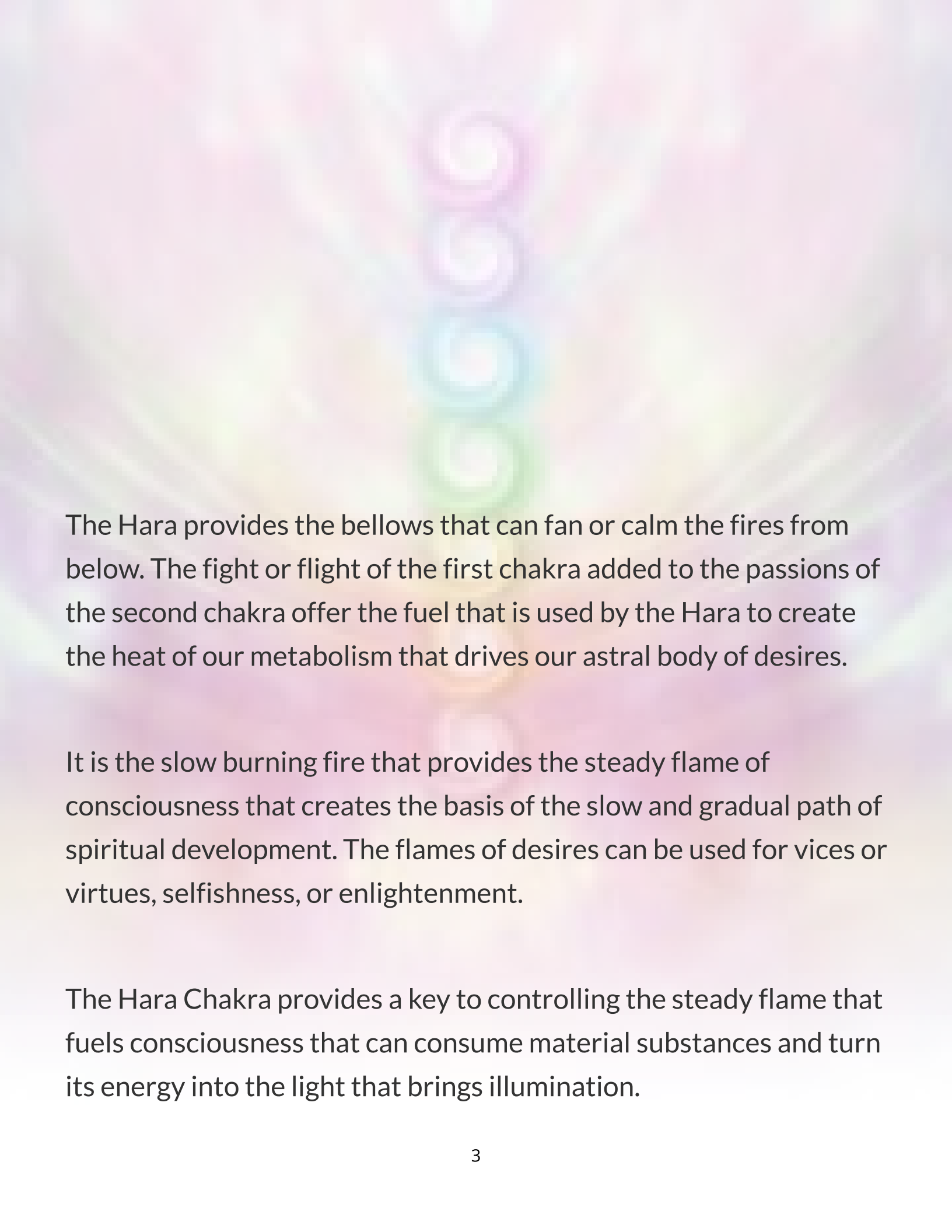
Hara Chakra

The Hara Chakra is often seen as the source of chi, or life energy. This chakra is the source of superhuman power that is developed by martial artists and yogis. It is the center of gravity for the lower chakras and coordinates the chakras from the Foundation to the Solar Plexus.

The Foundation Chakra gives us our uprightness, the Creation Chakra orients us in the world of dualities, and the Hara Chakra controls the energy of the body and its conquering of gravity and material forces that tend to hold one down. This power, or energy, is called the "fierce woman" or the "fire in the belly" that is used to heat the three energy channels running up the spine.

Each chakra adds to the energy that coils through its petals bringing forces of fire and levity that transmute the material energy of the world into a more refined energy used by the chakras.

The first chakra (foundation) works with solid material to build the tower of consciousness. The second (creation) flows through liquids taking on whatever form is necessary. The third (hara) chakra moves through air and uses its power to stoke the flames of the fourth chakra.



The Hara provides the bellows that can fan or calm the fires from below. The fight or flight of the first chakra added to the passions of the second chakra offer the fuel that is used by the Hara to create the heat of our metabolism that drives our astral body of desires.

It is the slow burning fire that provides the steady flame of consciousness that creates the basis of the slow and gradual path of spiritual development. The flames of desires can be used for vices or virtues, selfishness, or enlightenment.

The Hara Chakra provides a key to controlling the steady flame that fuels consciousness that can consume material substances and turn its energy into the light that brings illumination.

Sacrament: Maintain a healthy colon



Keep the Fire in the Belly Stoked

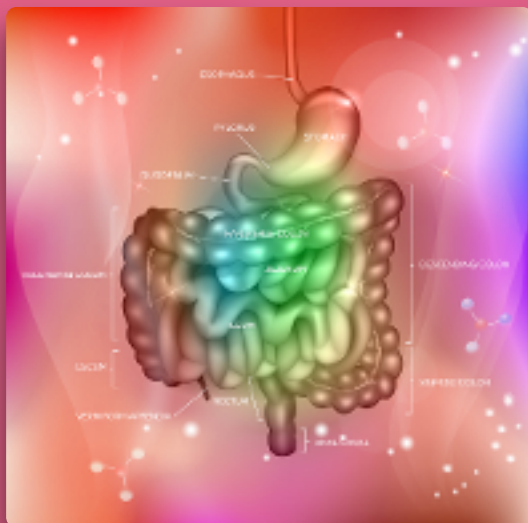
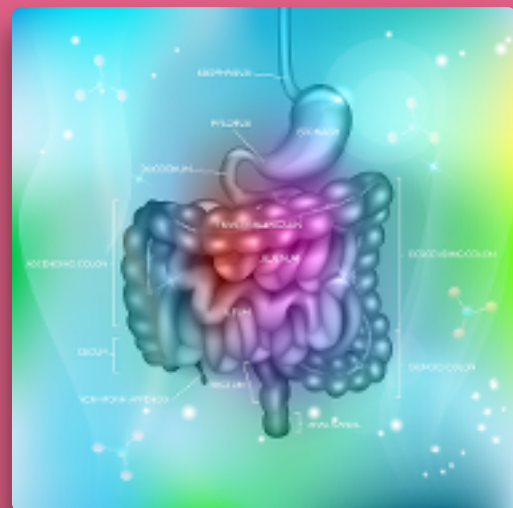
OBJECTIVE:

Maintain a healthy colon that can absorb nutrients and regularly evacuate toxic waste material from the body.

In this lesson, we will be reviewing bowel movements, feces, constipation, gastric distress and irritable bowel syndrome. If you are easily offended by a frank discussion of these topics, it will be difficult for you to achieve optimum results on the ASCEND program. A healthy colon needed to absorb nutrients and eliminate the toxins from your body; it is also an important spiritual chakra area where the slow burning fires of at the base of your spine provide a steady flame of consciousness that supports spiritual development.

The links below contain the instructions to begin clearing and balancing your hara chakra.

Click here to open the lesson on Raising Your Bowel Consciousness.



Click here to open the lesson on Life without Irritable Bowel Syndrome.

Sacrament: Supplement with daily enzymes



Supplement digestion with activated enzymes

OBJECTIVE:

Nourish your body with metabolic, digestive, and food enzymes in order to break down foods into energy and absorbable nutrients for a healthy life.

The Miracle of Enzymes

We are all born with a different potential for producing enzymes in our body; this is called enzyme potential. The enzymes that we are born with are known as metabolic or digestive enzymes. If our parents and grandparents didn't eat enough enzymes in their diets, we will not have the genetic enzyme material in our own bodies for optimum health, much less the enzyme potential to pass on to our own offspring. Declining food diets over time will take its toll on the enzymes that offspring will have at birth.

Plus the more digestive enzymes your body is forced to produce to digest your food, the fewer metabolic enzymes you will have, leaving your metabolism slow and sluggish.

The other type of enzymes are obtained in the foods we eat. The best source of food enzymes we can get come from freshly picked, raw fruits and vegetables that have not been irradiated, have been grown in rich organic soil, and come from heirloom, not GMO, seeds. These are called food enzymes.

If your digestion is poor, metabolism slow, and you are feeling sick and tired all the time, you could be suffering from enzyme depletion. Since none of us can go back and change our heredity, we can only overcome this deficiency by adding high quality enzymes to our daily diet.



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

Dr. Rudolf Steiner

Can the miracle of enzymes help you?



Raw Food Diet - What Can We Learn From Pottenger's Cats?

Read how lack of enzymes affected each generation until the cats no longer reproduced.

Then think about your parent's health and theirs.

Think about your own health and your children's.

Think about your children's children...or will your family line end at the fourth generation.

What generation are you in with enzyme potential?

Can the miracle of enzymes help me?



Living Food Increases Your Life Vibration

**Make sure you are eating
food with life, nourishment,
and enzymes.**

[Click here for review](#)

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



Could the "fall of man" be a way to describe loss of enzymes in our diet? And could our return to the "Garden of Eden" be reversed with the supplementation of quality enzymes?

Is this why Steiner indicated that enzymes are a bridge to the spiritual world?

The progress of man naturally entailed the loss of enzymes in our diets. Once pre-historic mom started cooking meat over the fire, and later when she discovered how tasty grains and vegetables were with a bit of heat, enzyme potential in the human diet began to decline.

Until a few decades ago, diets were healthy with farm-fresh goodness; they were home cooked and not heavily processed. Parents had plenty of digestive and metabolic enzymes genetics to pass along to the next generation. At one time we had great enzyme potential and did not have to supplement our diets with enzymes.

Did you know that most produce in the grocery stores has been irradiated and that irradiation, which is a form of heat, destroys enzymes.

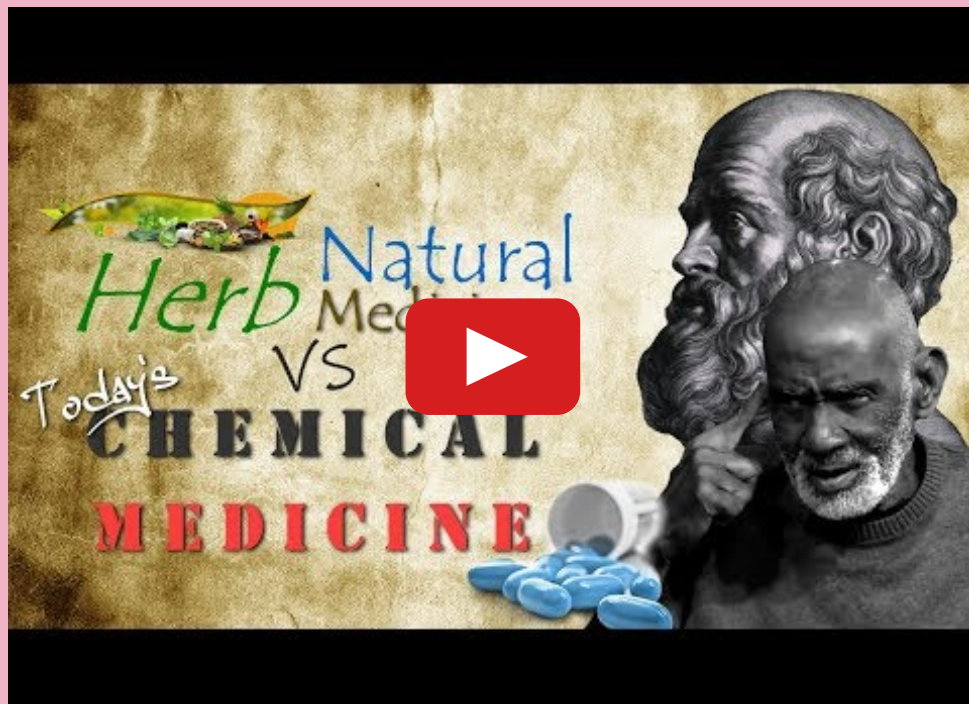
What's Wrong with Food Irradiation?

Did you know that when you don't have enough food enzymes, you can suffer from a plethora of digestive issues? Below is an excellent PDF that highlights these concerns.

Enzymes: The Weakest Link in Your Digestive System

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

ASCEND



Learn about more about natural herb medicines from Gary Lite.



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

www.ourspirit.com

www.neoanthroposophy.com

www.gospelofsophia.com

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**The complete ASCEND
program is located at
OUR SPIRIT**

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