

Preparing the Body for Ascension

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We are currently moving through the final days of our third dimensional experience on planet Earth. For countless millennia we have witnessed the forces of power and control bend and shape humanity to suit the outcomes of their agendas. These included: endless wars, global poverty in support of a small wealthy elite, ignorance, suppression of the truth regarding humanity's sacred purpose and a pervasive culture of duality consciousness.

As this long cycle draws to its close we are experiencing the unfolding of a Divine Plan, designed by the Great Creator of All That Is. The time has now arrived for our earth and all upon her to move from a third dimensional reality into a fifth dimensional one together with its expanded state of consciousness. The onset of a glorious new Golden Age of Light will slowly emerge as humanity finally assumes its caring stewardship of our planet, together with the co-operative sharing of Earth's resources among all her inhabitants and an end to the waging of war as a solution to our problems and differences. A newly emerging unity consciousness based on loving compassion will finally bring about the peace, truth, joy and abundance we have all longed to express and enjoy.

Our journey into that beautiful dimension of higher consciousness is known as the Ascension. At some time in our near future each of us will be presented with a choice. Either we can ascend with our physical bodies intact and without experiencing death, or we can remain in another third dimensional reality for further learning. Some may not feel ready to ascend at this present time and another opportunity will present itself again in the future. There is no judgement regarding this as the Great Creator freely allows each soul to make its own choices and then learn from them.

All those however who choose Ascension must now begin the work of evolving physically, mentally, emotionally and spiritually, in preparation for the Ascension summons. My E-book, 'Preparing for Ascension', is accessed at http://www.thecominggoldenage.com/Preparing_For_Ascension.htm

Here I discuss Ascension in general and the preparations that are needed to ready one's mental, emotional and spiritual bodies. This new E-book, 'Preparing the Body for Ascension,' focuses on the proper care of the physical body, regardless of one's age, to qualify it for the Ascension event. The following E-book contains no copyright restrictions. Please feel free to print and share it in its entirety, acknowledging the source and writer.

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Windows of the Soul

Our long history of evolution – from that of being a hunter gatherer to becoming a global citizen connected through the internet has brought both benefits and burdens. We have experienced many mental and physical changes during our long history and our eyes, often described as the windows of the soul, have been affected as well. Our ancestors all possessed very sharp long distance vision, essential for spotting game or alerting them to dangers. But in our current left brained, electronics based lifestyle most of our work and activity is carried on within the length of our arm. From early man's unrestricted eye movement out of doors with wide fields of view, to all of us today overworking for hours in confined spaces under artificial lights - our eyes have been required to make huge adjustments. As we now spend much of our day and night hunched over our computer screens, reading or watching TV, this constant near-point stress has produced long term changes to our vision.

More than four hours spent working at a computer will stress and fatigue eye muscles leading over time to 'computer vision syndrome.' The symptoms of this condition can involve headaches, burning and itchy eyes, neck, shoulder and back pains and concentration problems, together with tired, strained eyes and bodies. These symptoms can be lessened and controlled through better managing of one's workspace and routine. There are many simple eye and relaxation exercises that could be performed at work during short breaks and I've listed several below.

1. With your eyes closed breathe slowly and deeply through your nose several times. When time is spent in highly focused concentration our breathing often becomes shallow. Deep slow belly breathing loosens tight muscles, while nourishing the eyes with increased blood circulation.
2. Deliberate yawning and stretching relaxes all the facial muscles and expands the flow of oxygen through the whole body. You should occasionally leave the close work situation and walk across the room, shaking yourself loose.
3. Several exercises taken from Pranayama Yoga will also tone and strengthen your mental focus and relax the nervous system. **Nadi Sudi** (alternate nostril breathing) is a simple exercise to enhance balance. First sit quietly then take in a gentle breath. Close your right nostril with your right thumb, pause briefly then exhale slowly through the left nostril. Inhale through the left nostril, close it with your right index finger, pause for a moment, open your right nostril and then exhale through the right nostril. Continue by inhaling right, switch to the thumb then exhale left, etc. Enjoy this Yoga technique as you adopt it for stress relief.

4. Dr Bates, the founder of modern natural eye care, favours the yoga technique of **Palming** as it creates relaxation and promotes circulation by resting the eye muscles and optic nerves. Sit comfortably close enough to the desk to support your elbows. Rub your hands back and forth briskly, palms together to create warmth and healing energy. When your hands are very warm place your palms over your eyes, cupping them. Bend forward resting on your elbows, dropping and relaxing your shoulders. Block out all the light, breathing deeply and gently, imagining the black field behind your eyes growing ever darker. Black is the colour of total relaxation for your eyes. Hold this for 3 – 5 minutes to gain maximum benefit.
5. Jenny Livanos, a Certified Natural Vision Improvement instructor, suggests you give your eyes a quick session at the gym by rolling them smoothly up and down for a few seconds, then horizontally from side to side, keeping your head straight throughout. Another simple means to exercise your near/far focus involves you standing in front of a window, holding your index finger at the end of your nose then focusing with both eyes on your fingertip for a few seconds. Then shift your gaze outside through the window selecting a distant object and looking at this for several seconds. Complete this full near/far exercise several times.

Your immediate desk or station can also be set up to improve your own working conditions. Occasionally push your chair away from the desk while you stretch, massage your neck and shoulders and wiggle your toes and feet. Try to keep your body soft and relaxed while working. Position your computer screen directly in front a little lower than eye level. Tilt your screen up slightly and position it at arm's length away from you. Set large dark characters against a white background. Lower the screen brightness if necessary and select a large font. Your chair is important too as it should allow you to sit up straight with shoulders and hips level with a back rest supporting your lower back. Feet should be placed flat on the floor, knee joints at 90 – 100 degrees and elbows at right angles. Make sure your computer screen and glasses are always clean. Don't forget that a small touch of colour can do wonders for your work environment too. A familiar photo, a live pot plant or a fresh flower in a vase of water will lift the spirits. During the lunch hour break make an effort to go outside into the sunshine and breathe in the fresh air. Get enough sleep and keep your 'windows to the soul' healthy and sharp. Vision is a precious gift, one we must cultivate and nurture to safeguard its best results.

Earth's Healing Gifts

Aromatherapy is a wonderful way to soothe and rejuvenate oneself. The essential oils – aromatic chemicals – found in plants, flowers and trees, can promote and maintain health, either by being used through inhalation or in a massage. Also their beneficial smells may have medicinal properties: anti-inflammatory, anti-septic or anti-bacterial. As an example digitalis, an essential oil of the foxglove, is widely used to treat heart problems while the herb, valerian can effectively treat headaches. A simple use of aromatherapy as an inhalation is achieved by sprinkling a few drops of essential oil/s on a handkerchief and breathing in deeply. Or put several drops in a basin or bowl of hot water, cover your head with a towel and breathe in the fumes. Oils that have good tension releasing properties include: sandalwood, lavender, chamomile, bergamot, jasmine and ylang ylang.

Aromatherapy was used as a healing technique for many years by the early Egyptians, Greeks and Romans. Different oils were valued for treating wounds, improving circulation and for relaxation. During the medieval period Europeans frequently used herbs and essential oils for healing. However with the development of our modern pharmaceutical industry the old aromatherapies were discouraged and fell into decline. In 1928 the French chemist, Gattefosse, burned his hand during an experiment and dipped his wound into a pot of lavender oil standing nearby. To his surprise the pain diminished and his burns healed rapidly. He and others began to experiment with essential oils, many of which they identified and categorized. Gattefosse's classic book on aromatherapy was published later that year. Today aromatherapy is practiced widely in Europe where it's often combined with mainstream therapies under the direction of a conventional medical practitioner.

Good quality essential oils are expensive since very large quantities of plant material are required for their production. Care must be taken in purchasing and storing essential oils. Small amber or brown glass bottles are best for storage, away from strong light and heat. Oils in clear glass bottles may be fragrant oils, not the highly distilled essential oils for aromatherapy use. Quality is important so do not try to skimp on price, nor should you buy in quantity as essential oils have a very brief shelf life.

If essential oils are to be used for massage, a carrier oil is required. Good carrier oils include soya, grape seed, avocado and almond. Never use essential oils directly on the skin, unless healing a wound or a burn. Also essential oils should never be taken internally as their high concentration can produce negative side effects. To make up a massage oil mix 2 or 3 drops of essential oil into 1 tsp (5mls) of carrier oil. The skin should be completely dry and warm. Bedtime is optimal for a massage, as its effectiveness will be increased

with sleep. Another relaxing remedy is to take a warm bath, laced with several drops of essential oil.

Enjoy the gifts of nature's bounty through your use of the following essential oils, so helpful in relieving stress symptoms:

- Eucalyptus, rosemary and sage - for muscular aches and pains
- Camphor, jasmine, marjoram – for insomnia
- Cardamon, lavender, peppermint, rose – for headaches
- Bergamot, fennel, lemon, peppermint – for indigestion

Bach Flower Essences

Dr Edward Bach was a British physician, who began to see disease as an end product; a final stage; a physical manifestation of unhappiness, fear and worry. He began to look to nature to find and categorize flowers with healing properties. Over a period of years Bach found 38 different flowers and plants that with the right preparation became his 38 Flower Essences. His essences are made naturally from pure spring water infused with wild flowers, either through the sun steeped method or by boiling. The flowers were all hand gathered from a particular area in England. The Bach Flower Essences are a safe and natural method of healing that gently restores the balance between the mind and body. They assist a patient by casting out the negative emotions of fear and worry that interfere with the equilibrium of the body as a whole. By using the Bach Flower Essences peace and happiness return to the patient, so that the body is then free to heal itself. One can purchase these essences today in selected natural health food shops or in chemist shops that make the services of a naturopath available.

The Salt of the Earth

Salt is a crystalline solid in a combination of two substances - sodium and chloride. We all need salt in our daily diet to maintain the fluid balance in our bodies and to generate electrical impulses in our nerves and muscles. Salt has become not only a flavoursome and necessary food additive, but is a physiological requirement for the human body to sustain life. Without salt every human and animal would die. The importance of salt is reflected throughout our history as major population centres often grew up around sources of available salt or its production. Many cities even today are linked to salt through their names: Salzburg Austria, Salt Lake City Utah, Saltillo, Mexico and Salta, Argentina. So important is salt that it's deemed to be a basic condition that allows a population to increase and develop. If salt is not available it seems that groups of people stagnate and disintegrate.

Salt has also been economically important world wide. In ancient Greece the exchange of salt for slaves gave rise to the expression, 'He's not worth his salt.' In early Rome the mark of a wealthy patron was displayed by placing a bowl of salt at the centre of the dining table. Those seated near the host were deemed to be 'above the salt' while the less favoured took their places 'below the salt'. Roman soldiers received special salt rations known as *solarium argerita* - from which our contemporary word, salary has evolved. Salt also played a vital role in religious ritual as in the Buddhist custom of throwing a pinch of salt over one's shoulder to repel malevolent spirits.

Salt has even motivated global exploration. Without the practice of salting fish and meat to preserve it, the discovery of such far-flung places as the Americas, Asia and the Spice Islands may have been long delayed. It is recorded that thousands of Napoleon's troops died during his Moscow retreat because their wounds would not heal - resulting from the lack of salt in their diets. A salt tax promulgated by King Louis XVI contributed to the French Revolution. In the American colonies taxation without representation (which included a hefty tax on salt and tea) led to the American Revolution and the loss of the colonies to England. In modern times Mahatma Ghandi defied the British salt laws by encouraging the Indian people to gather tax free salt from the sea shores to share with India's poor.

Salt occurs naturally in halite and in sea water. Halite, the mineral form of sodium chloride, is commonly known as rock salt. Halite occurs in beds of minerals that result from the drying out of enclosed inland lakes and seas. Some of these beds may be up to 350m thick. Vast deposits of halite also exist in underground caves and mineral veins that can be mined for processing and consumption. Sea salt generally refers to unrefined salt that has been harvested directly from ocean or sea water. The harvesting is usually undertaken by channelling sea water directly into large clay trays (salt ponds) then allowing the sun and wind to evaporate the water naturally, leaving a crust of salt behind to be scraped away for processing. Manufacturers of sea salt do not refine their salt as much as rock salt processors do. Sea salt always contains traces of other minerals too: iron, magnesium, calcium, zinc and iodine. Those who use sea salt in cooking, particularly chefs and gourmet cooks, always rave about its clean pure flavour. Sea salt is also thought to be healthier than traditional rock salt if one can be assured that this form of salt is not filled with pollutants from the oceans. Not all countries have been blest with salt either and Japan is disadvantaged by the fact that it has no rock salt deposits. Because of its cooler climate and heavy rainfall, natural evaporation of sea salt is not practical. The Japanese have discovered their own unique salt technology by first producing a heavily condensed solution from ordinary sea water, then boiling this brew down until it yields a residue of edible sea salt.

Organic salt is also produced for the global market although this isn't certified by the same standards that agricultural products and livestock currently experience. However three organizations have set up strict guidelines for organic salt production. These groups ensure the following: purity of the

water, cleanliness of the salt beds and strict procedures for harvesting and packaging the salt. Nature & Progress in France, BioGrow in New Zealand and Soil Association Certified in Wales proudly carry the organic banner. But the Rolls Royce of all edible salts must be the Original Himalayan Crystal Salt. This unique rock salt product is hand-mined from an exclusive protected mountain area, located astride a geo-magnetic energy grid. Its beautiful rose coloured rock crystals are hand prepared and packaged with respect shown to the salt workers and to the environment. Himalayan Crystal Salt contains far more than just sodium and chloride as it re-energizes the body with B4 minerals and trace elements and helps to balance the body.

We must all eat some salt to stay healthy but the amount we need is minor. Pregnant women are strongly advised to eat enough iodised salt daily. We know that a salt enriched health drink can replace the water and salt lost through heavy exercise, outdoor sport and work. Wilderness hikers and skiers often carry salt tablets to counteract hyperthermia. The American National Academy of Sciences recommends a minimum daily dose of 500mg of salt to maintain health. The Swedish hypertension expert, Dr Bjorn Folkow, suggests that most people consume between 1,150 – 5,750mg of salt daily. He terms this intake to be 'the hygienic safety range of sodium'.

Excessive salt intake has been linked to increased blood pressure, heart attacks, stroke and stomach cancer. If your salt intake is too high the body will compensate by retaining fluid. Too much salt also draws calcium away from the bones leading to osteoporosis. While the amount of salt added to our diets can be controlled by home preparation and cooking 75% of the sodium we eat lies hidden in processed foods. To get an idea of the salt content of fast and processed foods, Ellen Anderson, chemist in the US Food and Drug Administration's food labelling office reminds us that one bacon, lettuce and tomato sandwich contains 1,560mg of salt while two slices of Pizza Hut Meat Lovers Stuffed Crust Pizza carries a whopping 2,500mg.

As a final important consideration —The Australian National Iodine Nutrition Study undertaken in February 2006 found that most Australian children are iodine deficient. Iodine has one function in our bodies, to make thyroid hormones. These hormones control metabolism growth in the brains of a foetus and in a new born baby's brain growth and development. A diet lacking in iodine impacts people of all ages but babies are most at risk as iodine deficiency leads to stunted growth and a loss of IQ. We need only one teaspoon of iodine over our entire lifetime but as the body cannot store iodine, a tiny amount must be consumed daily. What better way to do this than to purchase and use table salt that has been iodised. Thus we can enjoy the benefits of eating good salt for our health and the pleasure it adds to the taste of our food, in a moderate and intelligently considered way.

Nourishment for the Body and Soul

Food plays such an important part in our lives. It provides the fuel to drive all our energy systems and its preparation and enjoyment, particularly in the presence of family and friends, can be elevated to a creative art form. The dishes we recall from our childhood provide warm and comforting memories. But when we also choose to eat 'close to the earth' we actually acknowledge the true impact food can have on our lives. Freshly prepared food purchased directly from a farmer's market or even obtained from roadside stalls at the farm gate will offer a taste that is very different from foods that have been marketed and stacked on most supermarket shelves. Recently picked fresh, raw food contains more life force (chi) and holds a greater amount of nutrients.

The effect of globalization is readily available when we buy our own food. Now that the sources of food are often identified with some compulsory signage, doing my weekly shopping I was surprised to notice the following: pears from China, oranges and grapes from the USA, rice and cashews from India, fish fillets from Vietnam and smoked cod from South Africa. This seemed strange as nearly all of this food is grown and can be processed right here in our own country. And one can't help but wonder if the food production standards in some of these countries are as high as those originating in our own country of Australia or of others. We should also ask how much precious fossil fuel is being wasted by carting food back and forth across our oceans. How long has this food remained in storage before shipping or air freighting actually began?

Our lack of free time possibly prohibits us from growing and harvesting a large vegetable garden. Yet we can all begin eating 'close to the earth' by occasionally shopping at a local farmer's market. If this form of shopping is made more enjoyable we might even be tempted to bypass tinned or frozen foods altogether. We would spend less money too by buying in season and then cooking these foods in interesting new ways. We would be supporting our farmers in the local region and we would also connect to our immediate ecosystem. We may even get to know the individuals who grow our food while we would help to preserve the healthy culinary traditions that have existed for centuries. All fresh food should be well washed before any use as even the cleanest and greenest of our local growers and producers must use some chemicals in the food production. This said, any eating close to the earth will contribute to a healthier diet both for ourselves and our families.

Usually our bodies tend toward being in an acetic state and so we must attempt to neutralize this. When the balance within the body is more alkaline the body will always function more smoothly. We should seek to eat more alkaline producing foods rather than acid producing ones. The internet has a wealth of materials on this very topic, together with lists of beneficial food

types that can be downloaded and printed. An excellent 'pick me up' drink that promotes an alkaline based body is based on organic apple cider vinegar. Dissolve a teaspoon of this vinegar in a glass of water morning and afternoon to restore your balance. When you purchase the vinegar be sure that it contains the 'Mother' - the sediment that settles at the bottom of the bottle. The mother is composed of strand like chains of connected protein molecules. This vinegar is not available from the supermarket but should be carried by any organic or health food shop. Bragg produces the purest product and labels 'with the Mother,' on the front of the bottle. This healthful drink is particularly good for easing the pains of arthritis as the vinegar dissolves the crystals that cause joint pain and swelling.

As so much of our food is grown with pesticide sprays while harmful toxins seem ever present in the air we breathe, the systems that eliminate the toxins and waste from our bodies also need special cleansing. The colon should be cleansed with herbal or natural laxatives if it becomes sluggish. A daily probiotic drink will assist the smooth function of the colon together with our minimum daily requirement of 10 glasses of water. Keep the body moving as well, by gentle exercise at least 30 minutes daily. Walking at a comfortable pace is a wonderful form of exercise for all age groups.

When purchasing personal products: shampoos, conditioners, cosmetics, lotions etc. make a habit of reading the labels and observing the ingredients. The more commercial, glamorous and expensive these products are the more poisons they seem to include. Be wary of the following: sodium lauryl sulphate, lauryl sulphate, propylene glycol, all propyls or parabens of any sort and ammonia. All of these toxic chemicals have been linked to various cancers. If you colour your hair there are healthy vegetable based colours that do the job well and look very attractive. Our skin and hair cells absorb everything they come into contact with, so make sure the product is a safe and natural one. Healthy Life shops usually carry beautiful, safe natural products that won't break the bank or come in wasteful packaging.

It's worth noting that integrating just a few of these suggestions into your daily routine, joined with spiritual relaxation and joyful creative thoughts will slowly turn around any unhealthy symptoms. Be patient with yourself as the symptoms slowly disappear. You will begin to enjoy the importance of a peaceful mind that is supported by what is necessary for a healthy body.

In Praise of Water

It has become a firm belief within New Age spirituality that energy always follows thought and that a clearly and energetically focused intention will often result in its manifestation at some future time. We all create our own reality both on a personal and community level and the two photographs and information in this article, reflecting the visionary work of Dr Masaru Emoto, will offer further support for this belief. Through Dr Emoto we are provided with factual evidence that human vibrational energy: thoughts, words, ideas and music (expressed through our consciousness) can affect and change the molecular structure of water.

Water comprises over 70% of a mature human body and covers the same amount of our planet. This very source of life is a perfect conductor. Its malleable substance and fluid physical shape adapts to whatever environment is present. In addition the energy or vibrations of the environment also change the molecular shape of water. Dr Emoto has been visually documenting these molecular changes by means of his unique photographic techniques. He first freezes droplets of water and then examines them under a dark field microscope that has photographic capabilities. His outstanding work clearly exemplifies the diversity of the molecular construction of water and the effect of the environment and consciousness upon the very structure of water itself.

Dr Emoto has revealed how crystals formed in frozen water change when specific, concentrated thoughts are directed toward them. He found that water which has been exposed to loving words and emotions shows brilliant, complex patterns, but water exposed to negative words and emotions forms incomplete, asymmetrical patterns. Water from pure and unpolluted sources presents exquisitely beautiful crystalline forms, as represented in the photo of a pearl like crystal above. This frozen droplet was sourced from the Sambu-ichi Yusi spring, one of the purest sources of water in Japan. Melted snow runs off the peaks of Yatsugatake and seeps into the ground to emerge as spring water.



In Dr Emoto's next experiment a droplet of water from the Fujiwara Dam, which is becoming heavily polluted, showed an incomplete scattered pattern. Dr Emoto invited a Buddhist lama to pray over the water and the photo on the right reveals an elegant and complex crystalline pattern that emerged after the prayer had been completed. The implications of Dr Emoto's work are truly extraordinary but what exactly do these striking images teach us?



Dr Emoto tells us 'I always stress that energy is vibrations (hado) and vibrations are life. Words too are vibrations and ancient peoples knew that everything began with vibrations of life, light and sound. Water is a medium that receives and understands the subtlest of vibrations. The negative emotions from our thoughts, words or music prevent water from crystallizing. But positive emotions allow it to develop into beautiful hexagonal crystalline shapes. I believe it is our responsibility to protect and purify the water of our Earth. Through love and gratitude our consciousness will purify all water and by this means we will send messages of beauty and strength to all of life. If all people of the Earth could feel and express love and gratitude, the pristine beauty of our Earth could once again return.'

At this present time the scarcity of water within so much of our world is becoming an acute agricultural and social problem. It is of vital importance that we treat all water with respect, avoiding the wasteful use of this precious commodity while working with all energy in a more thoughtful way. In future times it's very likely that groups of people will gather regularly at public reservoirs, lakes, dams and population water supply centres - there to perform ritual prayers and loving meditations for maintaining the crystal purity of water. Recently my son enthused over a water filter that he and a friend had purchased. 'It's just great. You plug it in, fill it and it chills and filters your water.' Instead why not pour a glass of water and before drinking it say gently over the glass, 'I appreciate you, for you give me life. Thank you, water, for your gifts to us and to the Earth.' Then enjoy drinking this dimensionally charged water.

Higher beings working with us toward the ascension of Earth and ourselves continually exhort us to drink large quantities of clean water. Archangel Metatron has suggested that we should each drink 3 gallons or 11 litres of water daily. Most of find this target unachievable but we can drink at least 10 glasses daily. Why? Because the conscious use of water will change and heal our bodies and clear our energetic fields. As the waters within nearly 72% of our bodies will resonate in vibration with the water we drink, more highly vibrating water will raise our body's vibrations over time. As our human consciousness expands, develops and matures we will begin to co-create and co-partner with the Great Creator by actively maintaining life's rich natural bounty. In the future we will not need all our present paraphernalia of external technology. Since our conscious thoughts and feelings create and reflect our reality, we ourselves and our very beings, may well become the source of a new future technology.

The Breath of Life

We live in a universe propelled by the laws of electricity and magnetism and all third dimensional life forms within it reflect this. Our stars and planets (geo-magnetic life forms) all have a north pole and a south pole with magnetic lines of force flowing between them. Our human bodies (bio-magnetic life forms) also conform to this bi-polar magnetic field, with the top of our head reflecting our north pole and the soles of our feet the south pole. In a third dimensional representation, these lines of force moving between our head and feet completely encompass the body within an etheric structure known as a tube torus. Imagine this donut shaped energetic field extending all around your body. It is called your aura.

Have you noticed that when meeting another person for the first time you may be instinctively drawn to them? This could be evidence that both of your auras are vibrating in sympathetic resonance. The same would be true when the presence of another feels uncomfortable. Perhaps the magnetic energies in your auras are repelling each other. At the center of each bi-polar magnetic field is a magnetic core running from north to south. In the case of a simple bar magnet it is a magnetized piece of metal. In the case of the bio-magnetic human body it is a channel, only observable in subtle matter, called the pranic tube. Within this core the life force is carried to sustain each individual creation during its existence.

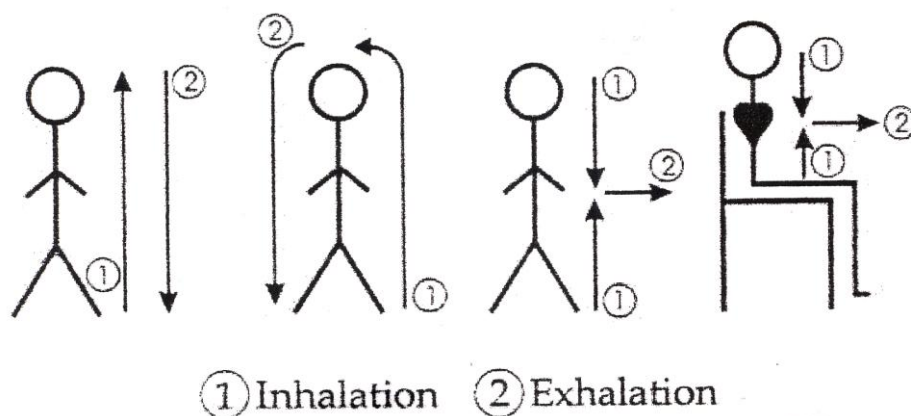
Every spiritual tradition identifies and acknowledges the life force, that great field of potential that gives rise to and then sustains each and all in existence from moment to moment. In Chinese spiritual teachings the life force is called chi, (Tai Chi meaning increasing life force) while the Japanese and Koreans call it ki, (Reiki, healing life force). In the Indian and Tibetan traditions it is identified as prana. The Christian tradition may name the life force sanctifying grace or grace, practitioners of new age spirituality refer to this field as the light or the white light, and to the physicist, it's known as the sub-atomic or quantum field. As you move among numbers of people going about their business in any large city, you can notice and identify many of those who are suffering from a diminished access to the life force. It shows in their state of health, their sense of openness and self confidence and even the way they relate to others and carry themselves. We must all access the life force fully and completely to maximize its benefits to our daily existence and our chakra system is the vehicle that has been beautifully designed to fulfill this function. Our work with the breath will also provide another means to more fully access the life force. The method known as prana breathing is a powerful form of energetic breath work and will be widely practiced by persons in the coming new golden age.

A Prana Breathing Exercise

While either sitting or standing begin to relax fully. Take several quiet breaths while slowly closing your eyes and then imagine or visualize your pranic tube. It begins above your crown chakra in the higher dimensions, flows down through your body along the spine, and then grounds itself into the planet beneath your feet. Touch the tip of your thumb and second finger together and make a circle. Your pranic tube is approximately the size of this space.

As you breathe in visualize the celestial pranic energy coming down into your tube and through your body into the earth. Hold it briefly, then exhale. On the next in-breath draw earthly prana up from the planet through your body and exhale this out through the tube at your crown. Practice this several times until you clearly sense the flow of pranic energy or life force.

Next, on the in-breath draw prana simultaneously both up and down your pranic tube, holding the prana in your heart, then exhale it gently. Finally draw prana into your body, holding it in your heart chakra then sensing it move throughout the body completely as you exhale. The life force will truly flow into your entire body, energizing and revivifying you. This will be achieved through the law of attention as, 'Energy always follows focussed thought, intention and awareness.' If you experience a sudden stress or a deeply disturbing event withdraw, focus yourself and enjoy a short period of prana breathing. A few deep quiet breaths will totally rebalance and re-stabilize you.



Prana breathing diagram copyright 1998, Honolulu Church of Light. All rights reserved, used with permission. <http://www.kirael.com>

The Five Most Essential Things

Sananda (Jeshua, Jesus Christ or whatever name you know him by) has reminded us again and again of the following five things of greatest importance for us during these times. Do all that you can to embed these essential practices deeply into your daily lives.

- **Breathe** properly, breathe deeply and breathe to feed your body.
- **Drink** more and more water, day after day.
- **Pray** every day and every night. Pray in a manner, no matter who it is addressed to, that your prayer is a benediction to the Creator.
- **Meditate** as much and as often as you can. In these coming times the only way you will be able to maintain your centre and stay out of chaos, is to meditate. Get yourself to the point where even in a crowded, chaotic room you will be the calm waters felt in that room. The only way you can become a tool for the Creator to use, is to be in your centre, to be calm and at peace. Only then can you attract to yourselves those that need you and those that you need. Chaos never attracts. It only repels. Understand this and discipline yourselves to achieve this. Then all will happen as Divinely ordained.
- **Allow**, allow and allow. Do not feel that you have to control the sun, the moon, the seasons, the tides, your relationships or your words. If you control ANYTHING you are out of your centre.

‘These five things are the truest, most positive teachings that you shall ever find. If you cannot do any of these five things then, pray MORE, meditate MORE, breathe MORE, drink MORE and separate yourself from the chaos until you can.’

Learn How To Meditate

The topic of meditation and the great benefits it offers has now moved firmly into the mainstream. If you don't already meditate and your interest in meditation continues to grow, you may also be wondering just how to begin its practice. This article will feature brief lessons, explanations, tips and techniques on taking the first steps into your personal meditation practice to make its blessings your own.

One of meditation's great gifts results in re-balancing the two hemispheres of our brain, each of which has distinctly different functions. Our left brain hemisphere holds the seat of discursive thinking, planning, organizing and analysing. Its busy (masculine) active state is called 'beta' and in it our

electromagnetic brain waves fire at 14 to 30 cycles per second. Our right brain hemisphere (feminine) functions are more intuitive, reflective, and creative and are concerned with being rather than doing. These 'alpha' brain wave patterns fire more slowly – between 7 and 14 cps. In this state we are mentally receptive to the present moment rather than the past and future modes of beta. In an alpha state we also experience a non-judgemental frame of mind.

It has been tested and proven that when meditators reach an alpha brain wave state their two brain hemispheres adopt a single, coherent electromagnetic wave firing pattern. This indicates that both sides of the brain are working together in a balanced and synchronous manner. By experiencing even short periods of whole brain functioning, meditators will also notice improved memory and concentration, stronger intuition, enhanced creativity and inner peace. Whole brain functioning also produces neuro-chemicals called endorphins. These create feelings of well being, produce anti-ageing hormones and protect our bodies from the harmful effects of free radicals. Free radicals are highly reactive, oxidizing molecules. A by-product of normal chemical reactions, free radicals steal electrons from undamaged cells to neutralize their own charge thus causing cell damage in the process. We are constantly exposed to free radicals through pollution, stress and cigarette smoke, which is a particularly concentrated source.

It's time now to begin learning how to meditate and a positive first step is to select a quiet space where you won't be disturbed. If you are more comfortable sitting on a chair, find one with a straight back and no arm rests. Sit on a cushion if the chair seat is unpadded with your spine straight, your chin facing forward (not tilted up or down) and your feet flat on the floor. Place your open hands palms up and resting on your thighs. If you like to sit directly on the floor do so using a cushion or meditation stool with your legs crossed in front.

Meditation is a state in which the body is deeply relaxed while the mind is alert and focused on the present moment. I like to call this the body asleep – mind awake state. Yet though the mind is awake it is not drifting aimlessly from thought to thought, in a state of reverie. Instead meditation aids us in developing the habit of our being relaxed, yet focused and aware in the present – the mental equivalent of being physically fit and healthy. Your personal experience of total and deep physical relaxation is always the first important step toward meditation. The following brief exercise will relax you deeply and could also serve as your introductory meditation.

A Body Scan Exercise: Sit comfortably and shake your body loose, releasing any obvious tensions. Scan the body at your own speed taking several quiet breaths in each region. Focus your awareness on your head, neck and shoulders, arms, hands, torso, legs and feet. Notice how much tension is held in the jaw and shoulders. Gently move these areas to release any stiffness. As you scan your torso repeat the words, 'soft and loose' several times. Feel yourself let go, knowing that your spine will hold you upright. When you've finished visualize your body as being relaxed, healthy and pain free. Sit quietly

enjoying the sense of calm and well being. Scanning from the head down is generally more calming in effect, while scanning from the feet upward raises your energy and keeps you more alert. Whenever you decide to end your meditation always take a few moments to leave this state slowly and gently. Notice how your body feels, in comparison to the way you felt just before you began your meditation. You should find yourself more deeply relaxed.

Once you have moved into your quiet inner space and experienced a sense of relaxation, the physical side of the meditation equation is complete. However the mental side, one that requires us to remain focused and aware, will take some practice. If you are a meditation beginner you will notice how your busy thoughts begin to intrude, jumping back and forth, crying out for your attention. Observe this chatter of the ego in a non-judgemental way for a short time and notice that these thoughts are usually unrelated and are very brief. They generally last only for the duration of an in-breath or an out-breath. Next, focus on your breathing by taking in a breath gently through the nostrils; hold it briefly, then exhale. (It works best if you use your nose for meditation breathing, unless the nose is blocked.)

Next hold your awareness on your breath and let successive breaths become soft and regular. Observe your breathing and carry your awareness from the in-breath, across the space before you exhale. If you can cross the space between in and out-breaths you will probably not carry any chattering thoughts along with you. If your thoughts continue to intrude keep them in the background and let the breath become your focus. Maintain your breathing, moving in a steady and gentle rhythm. Used in this way breathing is a device to hold and focus the awareness of your mind during meditation.

A Simple Mini Meditation, Follow the Breath: Take slow gentle breaths in and out. Feel the breath as it moves and follow it with your mind. Focus only on your breath – nothing else. You can breathe and notice the breath at the same time. Finish this meditation by moving into the still silence within. Rest here without thinking. Just enjoy being. You can also hold your awareness in the present by visualizing a peaceful scene, a beautiful object or a much loved person. Try to sense as much detail in the object's colours and textures while feeling the emotions the object produces.

Another technique to hold your awareness and dispel chatter thoughts is to quietly repeat a mantra or affirmation. Mantras are sacred words or syllables, usually in Sanskrit. Two of the most common are OM and SOHAM. The latter can be linked to the breath, SO to the in-breath – HAM to the out-breath. It translates as, 'I Am That' with That referring to our conscious awareness. Affirmations are phrases or sentences repeated again and again. As we are more suggestible when we reach an alpha state, affirmations usually produce positive results. These are most powerful when they begin with the words I AM. Create your own affirmations to reflect problems you are encountering: I AM happy and at peace, I AM enjoying financial abundance, I AM forgiving and compassionate. I AM successful in my work and study. By using all three

of the following techniques: breath awareness, visualization and affirmation, you will remain focused, peaceful and able to enjoy the beauty of your quiet space within.

A Light Body Visualization: See and feel your body slowly fill with light. Breathe light into every cell as you feel and direct it. Visualize a column of golden white light from the dimensions above, entering through the crown of your head bathing your body with light. I AM healthy and loving. When your entire body is filled with light visualize this radiating from your body in all directions as far as the inner eye can see.

Merging Meditation into Daily Life and Activity

Sitting with the eyes closed is a good way to begin the practice of meditation as this method best allows one to control a wandering mind. However this skill may also be practised while walking or performing life's day to day activities. Meditation in the midst of activity brings the whole world and its experiences into your life and keeps you fully focused in the present - alive and aware in each moment. Over time meditation during activity will also produce significant inner transformation and enlightenment, as it will give greater meaning to the simple outward activities we all do. As an example, you could make any of the following activities become a meditation.

1. When eating a meal, notice the smell, taste and colour of each bite of food. Enjoy the dinner conversation and feel appreciation for Earth's rich bounty.
2. When taking a bath or shower, enjoy the smell of the soap, the warmth of the water and visualize the washing away of inner problems and tensions.
3. When taking a walk, feel the air or wind moving across your face while noticing the colours of passing trees and flowers.

Welcome meditation into the simple activities of your daily life. It needn't always require a quiet room and twenty minutes stolen from the day. You can also ground yourself and focus your awareness by experiencing the sensations of each moment. Observe all these aspects of your daily life, both pleasant and unpleasant, without judging them. While they may not all provide enjoyable sensations, through meditation within activity, you will truly begin to feel more deeply and fully alive. Frequently we may feel that we are getting nowhere in our meditation in the midst of activity, whereas a quiet period of withdrawal and sitting with the eyes closed seemingly brings greater and more instant results. It should never be a question of always choosing one method over another. Strive instead to become skilled in the practice of both.

Ascension Signs and Symptoms

For the past several years our physical bodies have been undergoing a genetic alteration. This is happening in order to prepare us for our ascension which will occur in just a few years' time. The energies driving these changes are emanating from the Photon Belt (Manasic Radiation), the Supernova of 1987a and a new band of high frequency energies called, The Eye of Isis. Our spiritual guides, guardians and many members of the angelic hierarchy are also assisting with this work.

These changes generally occur during our sleep state but we may also experience physical ailments during our waking hours. These symptoms are the result of simple alterations to our brain cell patterning, disruptions to our nervous system circuitry, changes to the heart and genetic modifications to our cellular structure. Many of us from time to time will experience some or all of the following ascension symptoms:

headaches
fatigue
dizziness
muscle pain
nausea
insomnia
short memory lapses

We may also notice diseases or illnesses that occur suddenly, and then leave us as quickly as they arrived. But if a strong symptom of illness persists and worsens by all means see your doctor. If your symptoms are irritating but not threatening they can also be alleviated through relaxing individual or group meditation, good moderate exercise, light healthy nutrition and drinking large quantities of water. All these practices will help to flush toxins from your system. This activity is providing a release from our old 3rd dimensional patterning before we can freely enter into a higher dimensional reality.

Regarding ageing – we must all, particularly the senior citizens among us, cease thinking about old age or getting old and think instead in terms of longevity and seniority. When we surrender to feeling and experiencing, our lives grow longer. When we close down through rejection, being in fear and making judgements we create a speed-up in the aging process. Through releasing blocked energies, while allowing our consciousness to experience the movements of these energies, the blocked energies will move on allowing the body to repair itself. Many blocked energies can be released by simply stretching our muscles as we stand, lie or sit. Do this gently without straining, a little each day.

In our near future we will inhabit a body of light that will look youthful and beautiful and will not deteriorate or die. The light body can be regenerated so that injuries and scars are changed through the consciousness that controls and inhabits these bodies. When we can conceive of living in a body halfway between the physical realm and light, where it does not decay but instead becomes a shimmering mass – that is the blueprint for the immortal physical body that will come into being. This light body is the reconciliation between the soul and the dense physical body, between the physical and the spiritual. It is the fully energetic, perfect container for our evolving souls as it allows for the total use of all our spiritual skills and abilities. This light body is our true destiny.

Love and Appreciate Your Body

- Your body is a masterpiece, intricate in function, unique in its mix of attributes and abilities. Give it praise – you are wonderfully and singularly made.
- To exist within a body is a magnificent gift. Keeping fit and healthy by doing some gentle exercise, honours the sacredness of that gift.
- Take some quiet time out during your day. Meditation fuses your inner and outer selves, making you one with your body. It allows you to receive and experience Presence.
- Be attentive to nutrition. Your body is fashioned from Earth and from Earth's harvest it draws its well-being. Listen to your body. It will tell you what it needs.
- Picture how you want your body to look; imagine how you want it to feel. Your mind will steer your body toward your goal; your heart will provide the fuel.
- Just as a plant thrives on the caress of sunlight so your body thrives on touch. 'Take up arms,' your own two arms to give and receive many hugs.
- The cells of your body are composed of matter recycled since the beginning of the universe. You are stardust – let your light shine.
- Each of our bodies is a cell within the cosmic body of God.
- As we live each lifetime through a body our Creator experiences what it is to be human. Live well.

About Mary Mageau



Mary Mageau is a spiritual teacher and author. She has given talks and taught many classes in meditation and spiritual awakening through the Queensland University of the Third Age and The Pine Rivers Community Education Program

Mary also regularly contributes articles to spiritual and metaphysical websites and journals and writes for leading magazines in Australia and New Zealand. Her two books published by Boolarong Press include: **Insights – For an Awakening Humanity** (2004) and **A Little Book of Living Spiritually** (2005). Now in its third printing, her audio CD entitled, **Journey Into Meditation**, was recorded and produced by Grevillea Records. Mary also publishes a monthly email newsletter entitled, **Insights - spiritual news and views** - one she makes freely available by request, to an online community. Check out her first E-Book, **Preparing For Ascension**, at http://www.thecominggoldenage.com/Preparing_For_Ascension.htm

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