

Assignment : Week One

Meditate every day this week.

Have you wondered what you are ascending to? All of the work you've been doing over the last several months in the Ascension Experience is leading you to a new reality. We mean that quite literally. Not only is this reality vastly different from any reality you've ever experienced before, you are also new. You have a new body, a new mental construct and a new perception of reality. You have new and improved talents, attributes and empathic abilities in this new reality. You will have the power of deliberate creation.

Some have termed this new reality 5D. In this new reality your powers of creation become unlimited. There is nothing you cannot have, be and do in this new reality. Your creations are manifested more quickly and much more easily. Your thoughts turn into things and experiences before your eyes. Every aspect of your reality becomes more satisfying and enjoyable. You feel your strength and power. This reality has always existed, but few have ever become a vibrational match to it. You are becoming a match to this wonderful new plane of existence. It is a platform of creation for leading-edge, deliberate creators. Anything and everything is possible in this new reality. When you realize this, it is yours.

You must understand that the only way to enter this wonderful new reality is by transforming your mental construct and perception of reality from fear to love. This is the reward for the transformation you have undergone and will continue to undergo. This reality exists only for those who can align their perception of themselves with who they truly are. It is not the reality of duality, it's the reality of neutrality.

In this new reality, there is less judgment of self or others. There is less fear and this means it is far easier to act on inspiration. There is a greater understanding of the true laws of the universe and the idea of self-sovereignty and equality. Those who enter this reality must opt out of the old reality (known as 3D), consciously and intentionally. There must be no judgment of those who are remaining in the old reality.

All humans will enter the new reality at some point in time. You will notice that those living in the old reality will be facing their fears and this will lead them to eventually discover what you know. Without the exploration of fear, they cannot birth the desires that will create trajectories that will eventually enable them to explore the new reality. You do not have to save them or change them, because until they are ready, they cannot be changed. They must ask for the change themselves.

However, many, many humans are ready to enter the new reality and they will see you as examples of those who have ascended. You will be an inspiration to them. You are all leaders and teachers. You lead by your own example of neutrality and when you encounter someone who is ready, you will show them the way in your own words. This will be the great satisfaction of your life. This is how you will serve.

There are several ways to know if you are ascending.

You feel better. You feel very good. You are not dropping into the consciousness of fear as often. You are in alignment more of the time and are receiving lots of inspiration. You are able to act on that inspiration and have faith that it will lead you to higher levels of ascension. Your mood is lighter. Your sense of humor is sharper. You take yourself less seriously and you have more fun. You are more optimistic for the future and less concerned with the past. You begin to see the perfection in everything. You are experiencing more appreciation and gratitude for others and from others.

Your empathic abilities are starting to come on line. You can communicate with your inner self through words, thoughts, writing, dreams, etc. When you ask questions, the answers come from within. You might be able to telepathically or emotionally understand other people. You might see auras, receive intuition, see people for who they truly are or simply know about them in some way. People will light up around you. You will start to know exactly what to say at the perfect time.

You understand that everything is right and nothing is wrong. You know that everything is based in love and comes as a benefit to all. You see it clearly now. You experience far less fear. You worry less about the future and have little regret or resentment of the past. You care much less about what other people think, because you know they are still in the old reality, living with a self-perception that is flawed. They don't know themselves and they can't know you.

You are starting to gain a new sense of purpose. You are focusing much less on your own needs and desires based in lack and you are becoming more interested in how you may serve others. This is a radical shift in your approach to life. You are detaching from what you once thought would make you happy and you are focusing on what delights you and fills you up.

You are really beginning to feel free and abundant. You know that you will always have the freedom to make any choice in the moment a decision is required. All possibilities are available to you. Nothing is off the table. You know that you will always have everything you need, when you need it. This gives you a tremendous sense of power and an ability to create in alignment with who you truly are. You drop old preferences, desires based in lack, attachments to specific outcomes and ideals based in limited perspectives.

You are eating lighter. You care more about how you feel than how the food tastes. Self-care becomes more important to you. You are interested in feeling good and anything that doesn't feel good is dropping away. You are firm with those living in fear. You no longer need to placate them just because they might become upset as you stand in your authority. They will either change and maintain a vibration that allows them to remain in your life or they will take a step back. Of course, you cannot create in their realities and so you accept whatever happens. New people who exist at a similar vibrational level will enter your life and they will light up for you. You will recognize them.

You need less sleep and have more energy. You have more vivid or even lucid dreams. You become used to waking up in the middle of the night to think. You are thinking more about your thoughts. You enjoy meditation more. You are perceiving your inner reality more. Your body is starting to transform. You may be having ascension symptoms, but realize this is all an upgrade to your body.

Most of all, your perception of yourself and your reality has shifted. You view yourself as the creator of your reality and not the victim of it. You know things are always working out for you. You expect them to. You believe that everything happens for your benefit, growth and expansion. You know that nothing happens to you or anyone else. You know when you are in or out of alignment. You act on more inspiration and fewer urges. Time is shifting for you. More experiences are happening at a much faster rate. You do not fear death, loss, rejection or failure. You are an ascended being.

Compare your present self to how you were two years ago. Let the inspiration flow.

Two years ago I

Now I