

# Sacred Shifts To Ascend

*From: Adama, Father of Humanity, High Priest of Telos, Lemuria, Inner Earth Civilization.*

Dear Ascending Humanity,

As your planet continues to contract and expand during its final 2,000-year epoch Ascension Process (transmuting from density, returning to Light), humanity is being given wondrous opportunities to also transcend from a dense carbon based reality to Light. This is your Divine Destiny. How and when you achieve your ascension is through your freedom of will and choice. Those who choose not to ascend during planet Earth's final epoch will do so elsewhere.

For those of you who choose your *Sacred Shift* during this final epoch, let us review what is necessary through your relationship with self-mirroring outward to take place. This is a process of inside out. Looking at your outside world is not a measure of the process. You, too, will contract and expand during this Ascension Process, so we ask that you have acceptance, compassion and forgiveness for your process. Remember, dear sisters and brothers, this is a choice you chose (as a soul) in being human. This process is not a form of punishment or trial, but it provides the learning tools necessary to facilitate your mastership to be in world and universal service.

Each Sacred Shift is an energetic intention/vortex/ portal/doorway -- representing one of the twelve star systems, which seeded this planet. The final shift is your planet's ascension itself.

## Sacred Shifts

1. To achieve this shift, heal all wounds and ego defenses created in past and present lives. You are not your wounds and defenses, but they are ruling your lives and world at this time. There are many tools from higher realms to assist you within your personal process, including many from The Angel News Network and others. This healing will allow your re-connection to higher realms, your Divine Soul Plan (your purpose in being here) and to realize your Divinity.
2. This shift allows you to know the meaning, value and purpose of agreeing to be within this third dimension (3D) of emotions, thoughts and physical reality. Each dimension has a purpose. This 3D is to learn to love through density and duality and to move into world service through unity. To ascend to a higher dimension it is necessary to achieve the higher frequency of that dimension. This means 'being' the higher frequency at all times. The 5D frequencies and beyond are in service to *All There Is*.
3. Through the Ascension Process, your believing mind is moving into service to your knowing heart. Stored within the DNA of your heart is all you have learned from past and present lives. Your self-mastered self is alive and well within your heart, and it is waiting for you to access it.

4. Duality, separation and confrontation are an illusion even though you have chosen to learn from them. It is time to wake up and know there is no two, only one. You can choose to let go of all the pain and suffering this illusion has caused you by knowing you are Love, loved and lovable.
5. All the judgment, shame and blaming in your world is simply how you feel about yourself reflecting out to others. Once you wake up to your Divinity there can be none of this any longer. Are you ready to receive and give your Divinity?
6. Surrender to not knowing. In the not knowing is everything; all possibilities and probabilities live within the void of Creation. Remember, your knowing heart contains all you need to know. You are learning to access and 'think' with your heart. You are not eliminating your mind, just allowing it to assert what the heart knows.
7. In effect, your ascension is the marriage/union of you and your Higher Eternal Self, called the I AM Presence, the Christ Consciousness. You achieve this union through the healing of the self-centered me into the healed We.
8. The most important aspect of your 'human contract' on planet Earth is to understand, access and apply your Divinity within every moment of the now. The failure to know this is the reason for all the negative matters on your planet. Paradise awaits you to create it.
9. Every human being, animal, plant, mineral and unseen beings on planet Earth are made of the same Cosmic stuff and consciousness as you and have a divine right to be here. They are not meant to be controlled by you. You do not have the right to attempt to control what you did not create nor understand its reasons to be here. Your trying to control everyone and everything on the planet are reflections of your fearful (non-loving) relationship with self.
10. Your emotions are creating the life you are experiencing. Negative emotions stored in the atmosphere are even creating your weather. Emotions create thoughts, which create actions. Perhaps it is time to eliminate old patterns, habits and rituals that no longer serve your highest good or that of others.
11. The feeling of joy is one of the highest frequencies/vibrations within the universe. Joy is an empowering aspect of Love, the building block of the universe. The feeling of joy allows manifestation with grace and ease. Pay attention to how much joy is presently in your life.
12. Within your Ascension Process, you are moving from density to Light. This process is achieved by two factors: first, know you came from Love, are Love and are lovable and then mirror that out into the world; second, have gratitude for 'what is' in your life rather than focusing on 'what is not.' You are mastering the cosmic equation, gratitude=abundance.

13. Finally, are you willing to do the work to release yourself from yourself? All the tools you need have been given to you from many higher realms many times. Are you ready now to commit to your ascension and see it as the most important aspect of your life and lives?

**Assisting Your Ascension, And Our Reunion...**

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