

SEVEN SACRED STEPS SUPPORTING YOUR ASCENSION

From Adama, The Father of Humanity, High Priest of Telos, Lemuria, Inner Earth Civilization
Received and written by Phillip Elton Collins, The Angel News Network

Dear Beloved Humanity Ascending into your Divinity,

We, once again, come to you to support your process of ascension having held the wisdom and focus to be and do for eons. We are your pathway home. As your planet Earth continues to activate various portals/vortices within her ascension process, this activation effects all within and upon her body.

Let us now review seven steps necessary for humanity to balance and integrate your movement into a higher frequency of existence.

Previously, we have given you concise teachings within THE SEVEN SACRED FLAMES and SACRED SHIFTS. Now these SEVEN SACRED STEPS complete the *trilogy of teachings* essential for the healing of your emotional, mental and physical bodies. This trilogy is a divine demonstration of how much you are loved and supported by we higher realms. Know, dear ones, each time one of you moves into your ascension (moving from the me to the we), you create an energetic pathway for others to follow...

Step #1: Your emotions and thoughts have been ruling your lives and world for far too long. It is time to know you are not your emotions or thoughts. It is vital to know that by experiencing your emotions and thoughts you may release them from your DNA cellular memory. You have been passing along your unexpressed emotions and thoughts life time after life time. Your emotions and thoughts have created the duality and confrontation within your physical bodies and your world at large. It is time to stop learning what is through what is not.

Step #2: Once you master Step #1, you are beginning your release from the third dimensional world of emotions and thoughts and will be better able to begin to receive the Universal Laws that balance ALL THERE IS such as: Giving = Receiving; Masculine = Feminine; The Law of Cause and Effect; The Law of Karma; Cosmic Love; Laws of Attraction; You Are One, etc. All of these Universal Laws have been made available to you in the past and are available to you at present by simply asking for them to be revealed (again).

Step #3: Each step energetically builds upon the other in divine order. Once Steps One and Two are firmly seated within your consciousness, you are ready to know that all things within and upon this planet have a divine right to be here and that you are able to apply unconditional equality, harmony, balance and love for all. You are learning how to create peace on Earth. Learning and applying acceptance and compassion for all life is vital to your ascension.

Step #4: Through Steps one, two, and three, you begin to move into direct relationship with your higher self who can be called your I Am Presence or Christ Consciousness. You are accepting your multi-dimensionality. Through acceptance and compassion, thus forgiveness, you see your wounds and ego defenses without judgment or shame and have an intense knowing that they are learning tools and are not who you truly are. You are freeing yourself from yourself.

Step #5: Here you are ready to clear and cleanse all emotional, mental and physical dense aspects of self that need balancing. You are transmuting your dense carbon self into the light. Each emotion, thought and physical imbalance is readying itself to move into its light body aspect. You are seeing your divinity and knowing this is who you truly are. All that has proceeded this moment has merely been a preparation for now.

Step #6: All of the previous steps have been a preparation to know that everything in your lives has been a preparation to be in (world) service to one another, as a reflection of your self-mastered love of self. You all have the same needs, and that is a mirror of your oneness – all of you having been created of the same cosmic matter. You are becoming ready to commit to being the master teachers of this world and beyond.

Step #7: After you have mastered the first six steps, every energetic component of your being will be purified by the higher realms, from whence you came. Your dense Man Power will have become God Power light. You will then be ready to join the realm of the ascended masters, your divine destiny and destination.