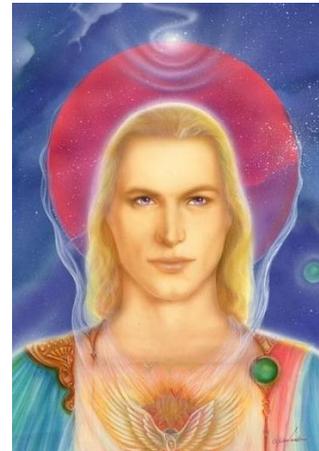


CHART OF LIGHTBODY ASCENSION PROCESS

“This ascension, evolves through a series of steps, until a state as a light being becomes possible. ... The most important and exciting aspect of Light Body to be that this experiment transforms your physical shell into an appropriate vehicle to merge completely with your higher self, and happens concurrently with the physical process. The amount of light held by the physical cells is keyed to the level of Light Body, and the higher the level, the less dense the body. Toward the end of the Light Body process, just preceding the shift into ascension, you will merge completely with your Higher Self. The descensions of spirit are the mechanisms used to bring in, or turn on, the spiritual gifts of the ascended masters. Light Body is designed to bring up all your human issues as you progress, and each higher level brings up a deeper layer to the issues than the layer before it. As the issues emerge, you may allow Christ’s redemption to transmute it for you.



There is a void space at the end of each Light Body level that we call ego death, and it may manifest as depression or a sense of nothingness. This void is to be used as a rest stop before you continue your journey. This void is an energetic place where nothing exists, and you are able to build a new picture of yourself and your life before you move to the next step. The first six steps of Light Body were structured for gradual change at all levels with regular spiritual awakenings interspersed with the physical, mental and emotional changes. From seventh level through tenth level Light Body the progress changes and is focused on one area of your experience at a time. currently (2012) the planet is shifting into the beginning of ninth level. It is a very painful experience to be at a lower vibratory rate than the planet you exist on, which is the case for those who are below eighth level. ... Since the Harmonic Convergence (1987) the energy has been available for the shift into a Fifth Dimensional Consciousness while in a physical body. Ascension is a very simple thing. It is a change that occurs in an instant, but you are still here. The Sun will still shine and the Stars will still twinkle. The difference is Joy, your ability to live Joy and to feel Joy.

The easiest way to verify that Ascension has happened is to note the quality of joy in a person’s life. The beginning of the Ascension is when a person begins living life by creating their fantasies as their reality. I, Metatron can define JOY as Nirvana, Ecstasy, or Rapture. ... If you are working as a part of a spiritual group, you will experience a series of faster shifts in your processing. When one member of your group notices the embodiment of the Merkabah, you all will have received it, and will soon become aware of it also. The individual members may not have noticed this occurring at first, but at least one member of the group was ready for it, and as a result the entire group will get the benefit. A group working on Ascension has a tremendous advantage because Fifth Dimensional Consciousness is a consciousness of “Oneness” or in other words, the group is One. Working with a group creates enormous synergistic energy, where each of you is far more powerful than you would be if you were alone. It also gives each member a chance to learn to relate both as individuals, and from oneness within the group. This is an essential fifth dimensional consciousness shift that everyone must make. As they do so, they will begin to live from joy, and later, they will become Joy. As each of you does this, you will begin to shift everyone you come into contact with in your daily life, broadcasting the energy of joy to them and waking them up to that frequency. The mass ascension will occur when the majority of ascending humans on the planet are existing in this state of joy, and not until. The reason for this fact, is that this planetary experience is one of free agency. In this dimensional universe, free agency is divine law.”

Stage 1	The redemption of Christ	Age of Pisces	First awareness of ChristLight
Stage 2	Harmonic Conversion	August 15-17, 1987	Planetary shift commences
Stage 3	Lightbody Experiment begins, granted by Heaven	February/March 1988 Planetary 3 rd Lightbody	All life, all humans, and Mother Gaia enter into Divine Experiment, Lightbody Experiment begins as a gradual step-by-step program of Spiritual attainment towards the Ascension process, encompassing 12 graduated levels.
Levels 1/6	Gradual changes at all levels with regular spiritual awakenings interspersed with the physical, mental and emotional changes	1988 – 2000 Age of Aquarius commences 4 th -6 th Planetary Lightbody (1989, 1990, 1991)	Personal and Planetary changes begin to occur
Levels 7/10	Progress shifts to focus on one area of your experience at a time	January – May 1992 11:11:11 Gateway opens Planetary 7 th Level	Intense Personal and Planetary shifts, gradual & progressive steps
Level 7	First descension of spirit, and a noticeable spiritual awakening		Clairvoyance, clairaudience or kinesthetic awareness of energy may occur
Level 8	Creation of extreme bodily changes, further descensions may occur Earthchanges & Planetary Vibrations increase / Gateway purpose to forestall probabilities around potential cataclysmic disasters as the planet began losing density	1992 – 2012 Commencement of the 'Still time' May 5, 1992 Gateway opened By Spiritual Hierarchy, Light Councils & GFL	Ascension Symptoms are extreme (Physical symptoms similar to viral syndromes do occur and other symptoms such as headaches behind the eyes are common, as the optic nerve pathways for light are turned on and the pineal gland becomes activated; earaches, air pressure changes, itching inside the ears, as hearing structures are rewired to decode light transmissions; and excessive perspiration or diarrhea as you drop density from the cells of the body also may occur. Weight gain due to the body's resistance to the density drop because of the descensions of spirit)

<p>Level 8/9</p>	<p>Increased Spiritual Awareness & receptivity</p> <p>Grid-Shift for Lightworkers</p> <p>Divine Feminine/Goddess Returns</p> <p>(Athena Archetype comes through)</p>	<p>2011-2012</p> <p>Commencement of Heaven on Earth Modality</p> <p>(June 6, 1994 Gateway of Self-Empowerment & requirement of self-reliance)</p>	<p>Noticing flashing colors on your inner plain/screen, geometric equations moving through your mind, or hearing a hum or ringing in the ears. This is the beginning of the translation facility, and will allow you to turn light code and sonic downloads into cognitive understanding and comprehension. The grids around the planet constantly transmit messages to the life forms incarnate on the planet. The Ascended Masters who are assisting you can and do also attune your receptivity via these transmissions. These messages come through in a form called light packets, and are coded. Light code must be decoded or converted to conscious thought, so you can understand it and use it in your life. These messages are designed to give instruction, and to explain what is occurring energetically at the higher dimensional frequencies. Your guides will try to assist you by turning up the volume and frequency of the audible light code until they see a response from you. The sonic downloads can become very annoying and even physically uncomfortable. If you are experiencing this symptom, "ask" your guides to turn down the volume and calibrate the frequency so it will not be irritating or debilitating for you.</p>
<p>Level 9</p>	<p>Integration of Spiritual changes into physicality</p> <p>(New Identity emerges)</p>	<p>2012 – 2013</p> <p>& Beyond</p> <p>Divine law is As Above - So Below; As the Inner - So the Outer</p>	<p>The Integration of Levels 7 & 8, manifesting as permanent spiritual shift in your Lightbody. Focus here is on shifts in relationships on all levels of your life, personal, career & self. The void of ninth level Light Body can be very painful, for after so much focus on relationships, this void requires you to ultimately be alone with yourself. Ninth level ends (and sometimes begins) with fairly massive descensions, giving you yet another relationship to integrate as a part of your process.</p>
<p>Level 10</p>	<p>Awareness of the New You</p> <p>(Self-Mastery & New Spiritual Awareness)</p>	<p>2013</p> <p>& Beyond</p>	<p>The focus will be on manifesting your spiritual gifts, and then integrating these abilities fully so they are usable in your physical, everyday life. Your greatest natural spiritual gift will be the first to manifest in tenth level, and your other gifts of the spirit will open later in a gradual way. Your gifts, will become stronger as you become energetically clearer. The process of becoming clear is one of releasing stored energy from the emotional body and the mental body, and relocating that energy to the spiritual body (upper heart) where it becomes usable. The only difference between an Avatar and an ordinary man is the location of the energy held within the energy bodies (Alaya Consciousness).</p>

<p>Levels 10/11</p>	<p>Perfecting Self-Mastery</p>	<p>2013 & Beyond</p>	<p>For a Master, the energy associated with emotion flows into the emotional body from the spiritual body IN THE MOMENT, and is released to the spiritual body once the emotional stimulus has ended. This is the Alaya Storehouse release into manifestation of Will & Power, or Will to Good that allows you to work on the Aetheric plain of consciousness. The energy associated with a thought flows from the spiritual body to the mental body, and then is released to the spiritual body as the thought is completed.</p> <p>This leaves an Avatar's energy free, to use according to his will; available because it is not consumed by thoughts, beliefs, emotions, and memories. This is the energetic structure each of you must create in your energy bodies, during tenth and eleventh level Light Body. This will allow each of you to perform miracles such as manifesting thought into physical reality, bringing relief of humanity's suffering into absolute well-being or self-correction, and healing on Higher Plains of Awareness.</p>
<p>Level 11</p>	<p>Transition / Transfiguration</p>	<p>September-December 2013 and beyond</p>	<p>Your spiritual abilities continue to grow, and the physical body begins to change in appearance, a natural progression from tenth, the transition is so easy, the shift isn't noticed. Your physical body becomes luminous, glowing, and appears very beautiful; you age young as it were, as a youthful appearance becomes long-lasting, eternal. The focus is on deeper levels of self-awareness & a deeper process on your emotional issues. At this level you must deal with all your remaining beliefs and thought forms around death and loss; stored energy held in the emotional or mental body must be released to the spiritual body; the last vestiges of fearfulness must be completely released, as you truly have nothing to fear but fear itself when you are at eleventh level Light Body.</p>
<p>Level 12</p>	<p>Ascension into Lightbody</p>	<p>Occurs at Any time (The Ascension can occur at an individual level, it can occur within a group, or it will occur as a part of the collective experience)</p>	<p>The Earth takes her collective ascension into 5D. -- Your planetary ascension is the movement of your personal Merkabah into the heart center. This golden Light radiance comes directly into the heart center when all levels of your ascension have been met, permanently anchoring you into your Eka Body, or Spiritual Lightbody.</p>