

## ASCENSION FORMULA MEDITATION

Crystalai

cosmicdolphinmagic.ning.com

This meditation is in the Steps to Ascension Meditation mp3.

### FIRST ACTIVATE THE LIGHT BODY BY CREATING A CRYSTAL LIGHT SPHERE IN THE HEART CHAKRA AREA

Place a mini me of your self inside of the sphere. Next, let that mini me grow into the size of your full body while lying flat on your back in bed, place a magnetic shield under your body. (The mini me is actually your etheric light body that is about the size of the heart chakra area). Send your light body down through a chamber or tube riding on top of the shield down through the earth's crust. Now, exhale to send the light body on down to earth's core.

Push down through the shield at earth's core into the liquid light area. Feel the liquid light. Ride the shield of the light body down through the aqua shield and into the liquid light energy field. The atmosphere feels like water but it doesn't make you wet. You can float on it, swim in it. Breath it. Next, pull the light body down through the bottom of the water shield, and into the etheric realm of earth's core.

Focus attention in and around the light body, as it is positioned in the etheric crystal core domain. There is a translucent, iridescent, pastel silver violet frequency chamber. The metallic glitter and sparkle, and flicker to define the sphere around the light body.

ABSORB that heliotalic LIGHT.

Take one step down through the shield and enter a mirror, laying flat-right at the center of the earth. This mirror separates the physical side of the earth from the spiritual side of the earth. The shield opens and merges with the spiritual shield when the spiritual frequencies come in to the light body and physical body.

The fourteenth dimensional sparkling metallic iridescent pastel shield is being pulled into the miniature light body, which is grown into the full sized light body.

Inhale three times to bring frequencies from the iridescent shield fully into that light body.

Imagine lying your light body flat on the mirror. Become a mirror image of the spiritual body. Soak it up, become one with it.

Feel, Feel the sensation in the physical body of the sparkling light entering right under the skin's surface, when the iridescent frequencies come.

Inhale the iridescence into the light body. Inhale three times to expand the iridescent body.

There will be a sensation from passing through the heliotalic liquid light mirror membrane. There will be a sensation from passing through a liquid metallic mirror into dry space under the mirror.

In the center of the light body there is a metallic pastel glitter sparkling into a flame in the center of the shield. It reaches the top of the sphere that is around the shield. Feel the sensation.

The shield that the light body is laying on becomes this glittering metallic rainbow colored iridescent shield.

The light of the iridescence replaces the old shield.

As the shield opens and the iridescent shield covers the light body so does the physical body feel this original reconnection to the spiritual self. FEEL.

Next, push the light body that now contains the iridescent shield on down into the silica chamber of FIRST CORE CREATION. This is where the original body was created as a silica based body before being transformed into the carbon based matter.

Reunite with this silica based energy of etheric substance. Next, inhale silica light and iridescence into all of the bodies up the pearly chamber, back through the liquid light shields of the iridescence the core, the crust of the earth and back under the body.

Finally, inhale the light body, iridescent body and silica based body into the physical body.

Now, exhale the iridescent body one arms length above your physical body.

Now, exhale the iridescent body one arms length above your physical body.

See this body rest on the palms upward. The iridescent body will collect all of the miasms, muck and memories, all that cannot travel into the fifth dimension, out of the physical body.

Frequencies of Clearing

Next, see the silver cord of life running from the heart of the iridescent body into the heart of the spiritual body

As the darkness is pulled out of the body, the spiritual body rises fully into the physical body.

Next, the liquid light frequencies will be sent from Sirius B adashi temple to cleanse the iridescent body.

Feel the cool sensation of the spirit body

There is a gold and a platinum silver light around these chambers moving clockwise and counter clockwise. Moving around the chambers and around the iridescent body. See a platinum circling chamber into the left hand and a gold circling chamber into the right hand.

This is heaven on one side connecting to Earth on one side. Connecting to oneness.

The pearly chambers is the Akashic chamber bringing in the Coushas in the Coushic records.

Coushas are light memories that are stored in the crystal chambers they are the Coushic records. Bring in the Coushas into the crystal cells.

(We are now returning the Coushic memory into the Akashic records and the Coushic records are bringing their memory back into the crystal cells of our bodies)

(NOTE: AKASHIC RECORDS are only the cellular memory on the physical universe. The Coushic Records are the records of our spiritual reality in the spiritual universe- these are stored in Sun Alcyone-only Sirius B can pave our way into those records)

A shower of Aqualene Turquoise Green Liquid Light Rain streams down through the chamber from above.

Bringing neutron from the eighth dimensional Mintaka of platinum gold silver light streams of aqualene pale green running down the chamber in turquoise blue running up into the gold and silver moving clockwise and counter clockwise

The liquid light cleansing continues over and over

The cleansing can be placed on automatic pilot to continue all night long as you sleep.

In this healing state we reach the zero g point, this is the state where the physical manifestation becomes one with the spiritual.

This is ascension. You will feel a void. You will feel like you have disappeared. When you reappear you will be a new version of your self.

## UNDERSTANDING THE MEDITATIONS

Crystalai

[cosmicdolphinmagic.ning.com](http://cosmicdolphinmagic.ning.com)

The journies in the meditations are actually realigning your physical body into your spiritual body. This is what must be done in order to ascend. Ascension means the alignment of the physical into the spiritual. It means at one ment. The only way to align completely into the spiritual matrix of the parallel anti matter universe is to go deep within to the zero point within the Earth's core where the Crystal Heart of the Earth connects with the Cosmic Etheric Essence of the Cosmic Core.

It is this place that we take the body to in order to absorb the heliotalic frequencies of the crystal liquid light energy and the 14th dimensional frequencies. When the body merges into this starry substance the skin begins to sparkle and the body begins to transmute all negative energy from the physical template.

Once this process is begun within the Heart of Mother Earth, the clearing can be continued each night as we sleep. It is the family from Sirius B Adashi Temples who will be doing our

clearing each night until every single karmic imprint is removed. It is also the gamma radiation and stardust that is being sent from Sun Alcyone and all of the 12 Stars and Suns from the 12 Universes.

This cleansing process has been going on for several years already. However, those who haven't begun the process by connecting consciousness into their Soul Selves and asking for this process to begin will be put on the fast forward cleansing machine. That process will make a great deal of negative energies release all at the same time. Those that have chosen to wait and do it the fast way will basically feel like they have gone to hell.

But, don't worry. It will just seem like hell. It is really just a deep cleansing machine.

I highly recommend you do this meditation and the other ones in the Steps to Ascension Meditation kit along with saturating every cell in your body with your Ascension Kits, Eternal Life Albums, or whatever else you have purchased. The more we clean our selves, the less painful it will be.

The darkness- the dark dreams represent going through the process unconsciously. The white dreams represent going through the exact same process only consciously.

Visit Cosmic Dolphin Magic at:

[http://cosmicdolphinmagic.ning.com/?xg\\_source=msg\\_mes\\_network](http://cosmicdolphinmagic.ning.com/?xg_source=msg_mes_network)