## ~ Attaining Ascension ~

## Visualization-Teaching

This **Key of Self Mastery** may be Remembered through the **Keys** of **Patience**, **Life Lessons**, **Karmic Resolve**, **Listening and Stillness**.

Attaining Ascension of Light is a Progression.

It seemingly takes lifetimes for this to be Achieved.

Though, we are in this incarnated lifetime as a Human, living this **Spiritual Experience** to the obtainment of the Higher Knowledge and Wisdom within us, as we begin to Remember.

As **Conscious** Minds are Awakened and opened to the Truths of own Self, the **Seals of Seven** and the Circuitry of our Embodiment will begin to Heal, Repair and Regenerate.

It seemingly takes lifetimes to obtain this **Achievement of Ascension**. We remember that in this particular life one lives, it is up to each one to give it their "**personal-all**".

This "personal-all" sometimes felt like a haul, a push, a shove, a tow, a drag, that sometimes wasn't always comfortable.

Though after a **Peaceful-Surrender** of the "**heaviness**" that may have been self-controlled, possibly with attachments to others, may now become the "**lighter**" way of this **Movement** as one continues to **Climb the Highest Mountain**.

## Visual Teaching ~

There are **3 Mountains** which one may choose to **Climb**, while Seeking Obtainment of Ethereal Wealth.

One spends Lifetimes to Heal and Rise into an Ascended Deity.

Is it achievable?

Let us Visualize these **Three Mountains** as . . .

The Lower-Self ~ The Human-Self

The Middle-Self ~ The Christ-Self

The Higher-Self ~ The God-Source Self

We spend lifetime after lifetime trying to obtain the **Keys of Self-Mastery**. We Climb Hill after Hill **Practicing** our **Purpose**, as we walk our path.

Eventually we become Stronger, and we Realize the potentially of our next Climb.

We have seen the **Majestic-Mountain** from the Hillside we've trekked, and we knew deep down within our soul's spirit, that one day we would be at the **Foot of this Mountain**, Looking Upward, and Chanting . . . **I Can Do It**!!! And . . . you Are!

For **Every Climb**, there is a **Restful and Regenerative** Experience that must happen.

Can you imagine Climbing a Mountain like Everest?

There is an **Intensive Training** that the **Hikers** go through, to make this **Climb** of a Lifetime. And when Arrived, The **Experience** Was Well Worth the time and effort. The Ascension process isn't any different. We train and train for lifetimes to find Strength, Courage and the Ability to **Climb these Mountains**. In our 'out-of-body' travels, we track these Mountains over and over, for in the **Light-body**, it is Easy to Arrive. Setting the **Intention** to travel with **Integrity** and **Intelligence** opens the path to **Sail** Smoothly.

This is where we **Meet the Masters**, hovering **Below**, **Within and Above**, as an Etheric **House is Held** within each Mountain.

It is here, where we begin to Remember, as **Classes and Courses** of the **Coded Light** are taught and activated.

## Pause ~ Reflect ~ Receive

As we begin the **Climb**, we begin to Remember. Its takes Patience, Dedication and Devotion of Self, and a Will to Achieve.

We have All started this massive **Climb** back up the **Mountain**. It's been lifetimes since The **First Fall**, and when we Fell . . . we fell hard.

We are **Learning our Lessons**.

We Choose to find the **Foot Path**, and Track to the inner-depths of these **Many-Mountains**. We Shall Succeed, and Rise with Dignity and Divine Order.

Each Mountain Represents the Being of Self.

The Lower-Self ~ The Human-Self ~ Intention

The Middle-Self ~ The Christ-Self ~ Integrity

The Higher-Self ~ The God-Source Self ~ Intelligence

The **First Mountain** holds the **Frequency of Light** to sustain the **Lower-Self**. With **Intention**, we continue to Acknowledge the **Lessons of Life** we still need to process, held within the **Records of the Repository**. As we continue to **Climb**, we keep *inviting ourselves back* into the point center of this Mountain. And when one is **Self-Realized**, there is more, and the **Climb Must Continue** as they find the Spirit within, and begin to RISE.

When their Eyes begin to Open, they see that they are at the Foot of the next Mountain. Instead of feeling despaired or disheartened that they are only at the Base Level of this **Second Mountain**, they Experience a **Self-Acknowledgment** that they have **Acclimated** to this Energy, and Actually Have Risen into a **Next Level** of the Ascension Process. As they **Climb the Mountain**, one Lives with **Integrity** as a **Key of Peaceful Surrender**.

Once again, one has made it to the **Top of another Mountain**, and yet they begin once again at the **Foot of another Mountain**.

This time, the Being knows that this is the **Third Mountain** they shall Climb, while seeking **Self-Mastery**. Although they are at the Base of the Mountain, the Climb of this **Third Mountain** seems Lighter. In the first **Two Levels**, we may have been burdened with the heaviness we held onto. Maybe even **carrying cargo** for that of other as well.

Along the **Path**, we knew there was a **Purpose** for **Us** to continue our way along this Journey. With **every step**, we would begin to **Let go**, **and Let the Source Guide** us to our Rise. **So**, **step by step** we began to **Recall**, **Release**, **Repair and Receive**, as **Keys of Self-Mastery**, with the ability to **Achieve** the Stance of **Positioning the Posture in the Alignment of the I Am**.

There are many **Pinnacles** and many **Peaks** in this **Ascension Process**, though each **Climb** becomes lighter and lighter. It's a LONG CLIMB, and no one said it would be easy. Though with **Faith and Hope**, we **Continue** . . . this **Climb**.

With each **Release**, becomes the **Increase** to the Next level of this Accessional Process. And So, It Is.

Pause ~ Reflect ~ Receive

Mary Martin Minister ~ Messenger ~ Medium

Spiritual Mastery Teacher-Healer of Earth's Classroom.

Offering Transmissional-Teachings in the Keys of Self-Mastery, the I Am Presence and the Return of the Divine Feminine.

13MMM13

