

# **THE ASCENSION KIT**

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LUNAR VISIONS**

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# THE ASCENSION KIT

The frequencies of the angels are already in the music. Crystalai already did the thousands of hours of meditation and connecting my consciousness into oneness to create these CD's. This is now your opportunity to soak up the frequencies. Feel them, breath them, exhale them.

Begin by just knowing, feeling, absorbing, becoming one with these FREQUENCIES. Don't worry about formulas, codes or any of the past ways you have learned to do anything.

Just ABSORB the frequencies until you feel yourself RESONATING IN HARMONIC ONENESS with each breath. Listen closely to discern that there are hundreds of breaths in each recording. Each of these breaths is an ENTITY- an ANGEL communicating with you through their breath of consciousness. This is how Angels communicate.

This music came from a group of angels sending me a cosmic formula. This formula brought the highest frequencies to Earth through music.

The music already contains the highest frequencies. What the initiate needs to do is feel, realize and absorb these highest frequencies so that these frequencies lift their frequencies higher and higher into a harmonic resonance with the angelic frequencies.

The music was part of the training of our Cosmic Mystery School of the Omniverse training from Kuthumi and his team. The music was also a combination of angels appearing as steps leading to higher and higher activations and understanding.

Each initiate's ascension process is completely individual. The steps to gaining ascension into the realm of consciousness of the Cosmic Angels includes the initiate's dedication to absorbing, feeling, aligning into the harmonic attunement of the frequencies.

The meditations and training in the Training Kits contain the breaths of alignment that were used to lift Crystalai's Consciousness into the alignment needed to collect these frequencies.

If the initiate wants to utilize the meditations and the training to lift their own consciousness into this growth, that is the initiate's choice.

Each time the initiate completes a meditation in the Training Kits (Complete Ascension Kit, Ascension Portal Kit or Pure of Heart Kit), they should then listen to the music to keep their frequencies continuously lifted into that alignment for the remainder of the day and night.

It is recommended to listen to the music on the Ascension Kit after doing the meditations in the Complete Ascension Kit.

It is recommended to listen to Cosmic Consciousness and Family Kit after working on the meditations on the Ascension Portal Kit. We recommend listening to the Super Frequencies Kit after listening to the final Kit-- Pure in Heart.

Of course, all kits and individual CD's may be listened to for help in raising frequencies into ascension and DNA activation.

For those who simply want to absorb the frequencies and resonate with them, they simply need to follow these steps.

For those who want to seriously raise their frequencies and consciousness growth, they simply need to follow these steps.

# **ABSORBING FREQUENCIES**

1. Practice listening until you can feel the frequencies being absorbed into the crystal cells. This causes the cells to resonate into a harmonic convergence with the new higher DNA activations of the stardust.

2. Listen to the recordings, and feel the frequencies, align your breath of consciousness with the frequencies of the frequency music.

3. When you can feel the frequencies inside of your cells and feel them when you breathe, you will be connected as a sonar station between our Dolphonoid families in the oceans, in the underwater cities of light, and into the Milky Way, Aquarius, Sirius B and beyond.

4. Practice listening until you can feel the frequencies being absorbed into the crystal cells. This causes the cells to resonate into a harmonic convergence with the new higher DNA activations

of the stardust.

The Template of Immortal Man is our original selfhood. The man who was originally made by our god selves and the one Source Consciousness. This Frequency Wave Music shifts consciousness into the Manifestation Template.

## **METHOD**

1. When listening to the CD, FEEL the frequencies that come out of the CD. The Initiate can breathe in the frequencies and exhale the frequencies and feel them in many ways.
2. Listen again to a new set of frequencies and FEEL the frequencies.  
Listen again and notice the difference of frequencies that you feel between the two different sets. This can be done over and over again for there are so many sets of frequencies on each recording.
3. Begin to feel, realize and know each frequency as a wonderful Angelic entity - a breath of consciousness.
4. Feel the Breaths of Consciousness becoming a part of your consciousness as the Entities begin to penetrate your Consciousness with their high frequencies.
5. Begin breathing in and exhaling these frequencies and feeling the frequencies.
6. Feel the frequencies streaming through your cells and bloodstream.



7. Feel the frequencies tingling and sparking inside of each cell in your body.
8. Next, feel the frequency filling your lungs with the fire of the Divine Flame of Oneness.
9. Next, feel the frequencies as you breath and exhale the magic into your atmosphere. Create your atmosphere divine.
10. Absorb more higher frequencies and watch your structure of your body begin to transform.
11. Absorb more and more higher frequencies and notice how you look and feel younger every day.
12. Notice that you haven't experienced any pain for a very long time.
13. Notice your life begins to shift. You start magnetizing into your life only those persons who have the same frequency of consciousness that you do. Some will become interested in becoming more like you, and others will just stay away from you. You will notice people leaving the room when you enter. This doesn't mean you become unpopular. It means you become surrounded by loving compassionate people who have a strong desire to be in a harmonious circle.
14. Notice all of your problems beginning to disappear out of your life. You no longer magnetize to you anything negative.
15. You begin creating an Island of Light of pure Consciousness and Mother Earth can now wrap you in her arms of magnetic vortices that will allow your atmosphere to shift into a magical new reality field.

# **GUIDELINES FOR LISTENING TO THE FOUR CD's in the ASCENSION KIT**

## **1. Ascension Vortal**

The Ascension Vortal CD lays the Christic and Cosmic foundation from the inside out. The codes in this CD focus on activation of the key points of the third chakra stomach area, the crystal heart-directly below the thymus -near the spinal area, the tailbone, the back of the neck and the pineal gland in the center of the brain.

Focus on how the angelic frequencies align through these key areas to lay the foundation for streaming consciousness to lift the body template into the fifth dimension.

1. Listen and focus on the frequencies of light in the stomach area.
2. Listen and focus on the frequencies of light in the crystal heart.

3.Listen and focus on the frequencies of light in the tailbone.

4.Listen and focus on the frequencies of light in the back of the neck.

5.Listen and focus on the frequencies of light in the center of the head--pineal gland.

As you focus on the pineal gland, say uma un, uma un, Ekasha.

## **2. Ascension Vortex**

Continue to remember to align the body template at the points of the stomach, crystal heart, tailbone and pineal gland. We will now focus on the points of intersection where each angelic frequency aligns into a chakra point and lifts and aligns the harmonic points converging into new tones, keys and signatures streaming through the body.

Feel a crystal star one foot above the head. Next, bring the star full of Christ Consciousness into the head and the heart, and the tailbone and the feet.

Feel the Christ frequencies spin at the speed of light through every crystal cell in the body.

Feel the harmonic convergence into Christ Consciousness at every vortex in the body. These will be the points connecting each cell to the spark of Source deep within the cells connecting into the frequency of Christ Consciousness.

Next, feel the vortex created between the Christ Consciousness connecting into the Cosmic Consciousness within Mother Earth. These frequencies are aligning through the angelic frequencies of the 12th dimension, 24th and 36th dimensional frequencies. This is the beginning of activating the 24DNA and 36DNA.

### **3. Ascension Portal**

While absorbing and feeling the frequencies stream through every cell in the body, see or feel a white light portal connecting from the pineal to the crystal heart down through the feet and into the core of mother earth. Feel the angelic frequencies connecting you into the frequencies stored in Mother Earth that contain your cellular memory of your original spiritual self made in the image and likeness of the god self, Christ self and the spark of Source co-creative energy.

Feel the frequency of Divine Love, Divine Life, Divine Truth, Divine Mind, Soul, Spirit, Intelligence, Principle Victory Power Manifestation, Supply and the Divine Plan. These are the Frequencies stored in the Core of Mother Earth in the Cosmic Realm of the 13th Dimension.

Continue to connect the frequencies of consciousness into the Body Template areas and the vortex areas. This will progress the activation of the 12DNA, 24 DNA and 36 DNA.

## 4. Magic Vortal

While remembering to continue the alignments in the body, the Earth's Core and the Vortex:

Focus on the angelic frequencies added to this CD lift the consciousness into the 12th and 15th dimensions. Feel the angelic frequencies lift your frequencies up above your head two universes away to collect the helium energy to create the light body. Feel the frequency of helium streaming through consciousness and into every cell in the body. Feel the angelic frequencies stream through the star gate connecting into the millions of suns in the center of the Milky Way Galaxy.

Feel the frequencies of all of the millions of suns stream into the head, the heart and every cell in the body.

Next connect consciousness into the 15th dimension. Focus four universes beyond the Earth to connect with the co-creative consciousness of the 15th dimension.

Feel the frequencies of the angels, divas, fairies and elves singing and dancing into your cells and into your consciousness.

Collect all of these frequencies into your cells to activate the cellular memory of your original divine self -- your immortal self that has the ability to live for ever, create the hearts desires and heal instantly.

Next connect consciousness to ride through the star gate on the golden star dust into the Milky Way and absorb into the crystal cells all of the Star Dust and Solar Frequencies. Feel these frequencies aligning into the body through the angelic frequencies.

Ride into the heart of the Milky Way and then zoom clear out into the Aquarius Galaxy to connect consciousness with the original family of consciousness of our Galactic Home. This alignment will lift the consciousness into the 96 DNA-- the realignment through Christic and Galactic and Source Consciousness. The Consciousness is prepared to return through the Diamond door of the Aquarius Galaxy.

NOTE: The frequencies of angelic consciousness align the listener's consciousness into the realms of the 12DNA-96DNA because that is where their consciousness resides. In order for a listener's DNA to complete SHIFT into that DNA, the listener must spend MORE time in that Frequency Standing Wave Pattern than he or she spends in the third dimensional hologram.

There are other factors involved in the complete shift of DNA. The shift into the fifth dimension is already possible for those who are dedicating themselves into spending more time in these frequencies. The individual is always shifting along with Mother Earth and the entire Cosmos. Since the Cosmos will have shifted by 2012, it will be much easier to shift DNA at this time. However, individuals can shift consciousness faster than the masses can shift. The present reality contains the ability to shift into the immortal template that allows us to manifest our heart's desires instantly, heal instantly and to live eternally.