

ASCENSION MEDITATION

I ask at this time that I be prepared for a higher level of Consciousness.

I ask at this time that I be prepared for initiation into the Higher Christ Consciousness.

I ask at this time that I be prepared to receive my full quotient of Mahatma Energy.

I ask that I be prepared to receive my maximum light quotient in every cell of my being.

I wish to lay myself at the feet of the Buddha, to open my heart and receive all that there is.

Please grant my wishes as I am now ready to receive the Mahatma Energy and my personal Ascension.

I AM THAT I AM

OM

I affirm that I would like help from Father/Mother God,

The Mahatma Energy, the I AM presence of Father/Mother God, Christ, my I AM Presence, I AM THAT I AM, the seven Elohim, the Galactic Logos, the Ashtar Command, the Archangels, Wotanna, Djwhal Khul, Vywamus, Sanat Kumar, Kuthumi, Merlin, St Germain, Mother Mary, Kwan Yin, Serapis Bey, Pan, the MMAP

Healing team.

I AM the Monad

I AM the Light Divine

I AM Love

I AM the Will

I AM the Mahatma

I AM the Father's fixed design

I now call for a tube of cosmic light to protect me throughout this meditation, and in my life in general.

This tube will protect me from all that is not of God, and the Christ Light.

(Now silently visualise the following)

Within this tube visualise a smaller tube of light, about as big around as your head. Now it is moving up

through your Crown Chakra, onwards and upwards to your Soul, through your I AM presence,

and on up through all the levels to God Him/Herself. This tube is your rainbow bridge.

When you have linked up with God, bring this tube down through your seven Chakras.

When you have this tube

through your seven Chakras, send it down to the centre of the Earth. You are now connected from the centre of the Earth to God Him/Herself. Now let us attune to God. During this we shall chant seven OM's.

OM, OM, OM, OM, OM, OM, OM.

Now we can send this energy across that tube of light, which is our rainbow bridge, back to God Him/Herself. Now let us call for a pillar of light from God, which is flowing down across our rainbow bridge and our tube of protection.

This pillar of Light from God is the Mahatma Energy. Let this light fill your physical body, etheric body, emotional body, mental body and spiritual body.

(Now chant the following)

Now I call upon the Mahatma Energy, which is Group Consciousness, which takes in the 352 levels back to Godhead.

I ask that it fills every cell in my physical body.

Now let it fill every organ, the pineal, the pituitary, the thyroid and the thymus gland; the adrenals,

the gonads and the sexual glands. Let this Mahatma Energy fill my seven bodies with Cosmic Light

. Now let the energy bathe my entire being.

I affirm I AM the Mahatma.

(Pause and visualise the above)

Beloved God and beloved Mahatma Energy, I now choose to accept the Mahatma Energy into my entire Energy

Matrix, to allow a full and open radiation of my divine self to all that there is NOW.

I affirm I am fully open and invite the Mahatma Energy into my entire energy matrix.

I AM THAT I AM

OM

I now call forth from God and the Godforce a series of golden balls of light.

Let the ball of light enter my first Chakra.

I affirm I am now fully open and activate my First Chakra.

I AM THAT I AM

OM

I now let the ball of light enter my Second Chakra.

I affirm I am now fully open and activate my Second Chakra.

I AM THAT I AM

OM

I now let the ball of light enter my Third Chakra,

I affirm I am now fully open and activate my Third Chakra.

I AM THAT I AM

OM

I now let the ball of light enter my Fourth Chakra. I affirm I am now fully open and activate my Fourth Chakra.

I AM THAT I AM

OM

I now let the ball of light enter my Fifth Chakra. affirm I am now fully open and activate my Fifth Chakra.

I AM THAT I AM

OM

I now let the ball of light enter my Sixth Chakra. I affirm I am now fully open and activate my Sixth Chakra.

I AM THAT I AM

OM

I now let the ball of light enter my Seventh Chakra. I affirm I am now fully open and activate my Seventh Chakra.

I AM THAT I AM

OM

I now call forth my mighty I AM presence, the Mahatma Energy, Archangel Michael, the Great White Brotherhood,

Wotana, Vywamus, Djwhal Khul and the Medical Assistance Team to enter each Chakra and perfectly balance and attune it, removing unwanted energies that are not from the highest purpose in accordance with the divine blueprint.

I affirm I am now fully balanced and the Mahatma Energy is now flowing through me.

I AM THAT I AM

OM

I now call upon the silver violet flame of St Germain to bathe my entire being in the cleansing silver violet flame.

Let the flame transmute my negative thoughts and feelings into the perception and purity of God's love.

I affirm I AM God's Love.

I AM THAT I AM

OM

I now call forth the golden twelve rays to bathe my entire being with Christ Consciousness.

I affirm that my entire being and seven bodies are filled with pure energy

flowing down from God, my I AM Presence, the Mahatma and the
Ascended Masters. I affirm that I AM Light.

I AM THAT I AM

OM

I now ask and command that the Godforce and the Mahatma come into my living light
merkabah vehicle.

I see this vehicle as a double terminated crystal that surrounds my entire body, with another
going through it,

at the level of my Heart Chakra, horizontally. I affirm that my living light

merkabah vehicle is now activated with the Mahatma Energy.

I AM THAT I AM

OM

(Take some time to visualise this. This will help to quicken your vibrational frequencies. See
yourself in this vehicle

and allow it to spin. This will further attune you to the cosmic pulses of this energy which is
the Godforce, and

further attune you to the other cosmic energy which is the Mahatma.)

I am now ready for the Ascension Process to begin.

I AM THAT I AM

OM

Beloved God and Mahatma I now call for my Soul to fully descend into my Consciousness
and entire four body system if it has not already done so.

I AM THAT I AM

OM

I now call forth my glorified Lightbody to descend and enter my Consciousness and entire four body system.

I AM THAT I AM

OM

I now call for the Mahatma Energy to descend and enter my Consciousness and entire four body system.

I AM THAT I AM

OM

I now call for the Ascension Flame to descend and enter my Consciousness and entire four body system.

I AM THAT I AM

OM

I now call for the full activation of my Alpha and Omega Chakras. I affirm my Alpha and Omega Chakras are fully activated.

I AM THAT I AM

OM

I now call for the five sacred letters, sacred geometries and the key codes from the Keys of Enoch

to now become fully activated within me.

I affirm I am fully activated.

I AM THAT I AM

OM

I now call for the full activation of the thirty strands of the DNA within my physical vehicle.

I affirm they are fully activated.

I AM THAT I AM

OM

I now call for the full activation of my Pituitary Gland to create only the life hormones

and to stop producing the death hormones.

I affirm my Pituitary Gland is producing only life hormones.

I AM THAT I AM

OM

I now call and fully activate my Monadic Blueprint into my consciousness, sub-consciousness
and super-consciousness and my entire four body system.

I affirm my Monadic Blueprint is now fully activated.

I AM THAT I AM

OM

I now call for my Kundalini Energy to be raised as guided by my Monad and my I AM
presence.

I affirm my Kundalini Energy is rising in accordance with divine will.

I AM THAT I AM

OM

I now call for a Spark of the Cosmic Fire from the very presence of God to illuminate
and transform my entire being into the Light of God

I affirm I AM God.

I AM THAT I AM

OM

I now call for my axis to be aligned as described in the Keys of Enoch, to align all my
meridian flows with my

consciousness and four body system and with the meridians of the Earth.

I AM THAT I AM

OM

I now call for and fully claim my physical immortality and complete cessation
of the ageing and death processes.

I affirm I am now youthening and becoming younger every day.

I AM THAT I AM

OM

I now call for the full opening of my Third Eye and the activation of my channelling abilities,
that I may use them for God's purpose and help all people on earth realise their Christ Selves.

I affirm my third eye is fully activated I can channel now.

I AM THAT I AM

OM

I now call for radiant health to manifest within all my bodies.

I ask and command that these bodies now manifest the health and perfection of Christ.

I affirm that I am the perfection of Christ, NOW.

I AM THAT I AM

OM

I now call for my Sixteenth Chakra to descend, moving all my Chakras down my Chakra column until my Sixteenth

Chakra resides in my Seventh or Crown Chakra.

I affirm that my Sixteenth Chakra is in my Seventh Chakra.

I AM THAT I AM

OM

I now call forth my Fifteenth Chakra to descend, enter and reside in my Sixth Chakra or Third Eye.

I affirm that my Fifteenth Chakra is in my Sixth Chakra.

I AM THAT I AM

OM

I now call forth my Fourteenth Chakra to descend, enter and reside in my Throat Chakra.

I affirm my Fourteenth Chakra is in my Throat Chakra.

I AM THAT I AM

OM

I now call forth my Thirteenth Chakra to descend, enter and reside in my Heart Chakra.

I affirm my Thirteenth Chakra is in my Heart Chakra.

I AM THAT I AM

OM

I now call forth my Twelfth Chakra to descend, enter and reside in my Solar Plexu

s. I affirm my Twelfth Chakra is in my Solar Plexus.

I AM THAT I AM

OM

I now call forth my Eleventh Chakra to descend, enter and reside in my Second Chakra.

I affirm my Eleventh Chakra is in my Second Chakra.

I AM THAT I AM

OM

I now call forth my Tenth Chakra to descend, enter and reside in my Base Chakra.

I affirm my Tenth Chakra is in my Base Chakra.

I AM THAT I AM

OM

I now see the rest of my Chakras, Nine through to One
descend down my legs and into the earth in a corresponding fashion.

I AM THAT I AM

OM

I now call for the full and complete stabilisation of my new Fifth Dimensional Chakra Grid
System within my

consciousness and four body system NOW. I affirm my Fifth Dimensional Chakra Grid
System

is now stabilised and anchored within my consciousness and four body system.

I AM THAT I AM

OM

I now see my Chakra System light up like a Xmas Tree
and my First Chakra becoming a large ball of pearl white light.

I affirm the Colour of my First Chakra is pearl white.

I AM THAT I AM

OM

My Second Chakra becomes a ball of pink orange light.

I affirm my Second Chakra is pink orange light.

I AM THAT I AM

OM

My Third Chakra becomes a large ball of golden light.

I affirm my Third Chakra is golden light.

I AM THAT I AM

OM

My Heart Chakra now lights up with a pink violet light.

I affirm my Heart Chakra is pink violet light.

I AM THAT I AM

OM

My Fifth Chakra now lights with a deep blue violet light.

I affirm my Fifth Chakra is deep blue violet light.

I AM THAT I AM

OM

My Third Eye now lights up with a huge ball of golden white light.

I affirm my Third Eye is golden white light.

I AM THAT I AM

OM

My Crown Chakra is now lit with a violet white light. I

affirm my Crown Chakra is violet white light.

I AM THAT I AM

OM

I affirm that all my Chakras are now ignited with a

Fifth Dimensional Ascension Flame.

I AM THAT I AM

OM

I now call with all my heart and mind for the help of
my other eleven soul extensions in my Ascension process.

I AM THAT I AM

OM

I now affirm the balancing of all Karma from past and
future lives.

I AM THAT I AM

OM

I now call for a full and complete baptism of the Holy
Spirit.

I AM THAT I AM

OM

I now call for my spiritual teacher to come and unite
with my consciousness and my entire four body system.

I AM THAT I AM

OM

Lastly I call upon my Monad, my Soul and my Spirit to
fully descend and integrate with my entire four body system.

I affirm I am fully integrated.

I AM THAT I AM

OM

I affirm that I am fully ready and I invite the Mahatma
Energy through my Monad, my I AM Presence, my Soul and my
entire four body system, that it may illuminate me and all
those that come into contact with me, and I further affirm I
am grounding this energy for the healing of Mother Earth.

I AM THAT I AM MAHATMA

OM

Be still and know that I am God.

I affirm I am God

I AM THAT I AM

I am the Resurrection and the Light.

I AM THAT I AM

I am the mighty I AM presence on Earth forever more.

I AM THAT I AM

I am the Ascended Master (here say your own name).

I AM THAT I AM

I am God living in this body.

I AM THAT I AM

The mighty I AM presence and the Mahatma is now and
forever more my real self.

I AM THAT I AM

I am the Ascension in the Light.

I AM THAT I AM

I am the open door that no one may shut.

I AM THAT I AM

I am the divine perfection NOW.

I AM THAT I AM

I am the revelation of God.

I AM THAT I AM

I am the Cosmic flame of Victory.

I AM THAT I AM

I am the Ascended Being I wish to be NOW.

I AM THAT I AM

I am a full member of the White Brotherhood.

I am a full member of the White Brotherhood.

I am a full member of the White Brotherhood.

I affirm I am physically immortal and I can choose to stay on this earth for ever without ageing. I affirm that

I will age no more.

I affirm that in this instant Holy Salvation has come to me.

(Chant the following verse three times)

I am now fully integrated and choose to stay on earth to help others realise their own Christ Selves and become Mahatma.

I AM THAT I AM

OM

This meditation was compiled by Haridas
(John Armitage) for a workshop held in Jersey, Channel
Islands on 14 May 1995.