

ASCENSION ENERGY SYSTEM

PART I

REVISED, OCTOBER, 2010

INTRODUCTION TO THE ASCENSION ENERGY SYSTEM

Dear Friend,

This paper describes a project under the guidance of Metatron. This project introduces an energy system called the Ascension Energy System (AES). If you are drawn to experience these energies then this paper will get you started. Try looking at the symbols and following your intuition in deciding whether or not to experience these energies.

The originator of this energy system, Metatron, has shared several key points. These symbols and energies are Sacred. This information is intended to be kept in the highest of regards. The AES includes cosmic level and omniversal level energies. Go slow in practicing these empowerments. Over time you can build up the frequency, duration, and intensity of these energetic treatments.

This paper documents these Sacred energies to make this information available to others. Self motivated people may readily experience these energies, and gain immediate value with the use of the AES energies. The AES, Part I, Treatment Series can walk a person through the use of these energies.

Ascension Energy System, Part I is a revision from June of 1999. The Ascension energies have been embedded into the Cosmic Mind and Heart and anchored into planet Earth.

While the AES is cosmic level energy in nature, these energies work on many different levels depending on the needs and intent of individuals or groups using these energies. The frequency of the AES energies will step up or down to an appropriate level. These energies may work on a planetary, solar, galactic, universal / cosmic and omniversal levels.

The intent of this paper is to offer enough information to allow people to experience the AES energies. I suggest being open to your own experiences. These AES energies have their own intelligence.

Another suggestion is to follow your intuition. You can ask for direction and assistance from The AES Guides from the Angelic Realm. Perhaps ask for direction from Metatron.

If you find these energies beneficial, then you are invited to pass along this information to others as long as it is at no charge other than printing cost. I hope these energies Bless you as they have Blessed me.

Under the guidance of Metatron, the AES Guides and additional Light Beings the Ascension Energy System is released for our ascension and the ascension of planet Earth.

With Love and Light,

Lyn

SOME BACKGROUND ON THE ASCENSION ENERGY SYSTEM

This is a personal account of where this information originated. The Ascentia Energy System was communicated by Metatron, The King of Angels. Numerous members of the Spiritual Hierarchy support these energies. There are four energies currently associated with the Ascension Energy System, Part I: Focus, Clarity, Ascentia, and Godhead. The symbols are diagramed; the arrows adjacent to the symbols show how they are drawn.

These energies are keyed by visualizing or drawing the appropriate symbol. These symbols key the empowerment or "turn on" the energy. There is no attunement process involving another person to be able to channel these energies as in Usui Reiki. When this information was received the symbols were shown to me and I began experiencing the energies. At that time I knew this was something special. My life continues to change dramatically.

The first symbol received was Ascentia. My profession is medical sales. I was working outside of Jackson, MS, in October of 1997 when Metatron sat down next to me in my car as I was driving between sales calls. The presence of Metatron was non-third dimensional; I was familiar with Metatron's energy from meditating on Metatron. Basically, I was assigned this project because I am willing to experiment and write up the information. Plus, I have a background in Reiki.

Ascentia appeared and I was asked to work with this energy. That night I first used the symbol on my heart chakra. I was overcome with a feeling of love and experienced a high vibrational energy. My light body was energized.

The second symbol received was Clarity. A similar experience occurred in rural Mississippi between Memphis, TN, and Tupelo. Again, Metatron introduced this energy and symbol. I do not think it a coincidence most of these symbols were introduced in the rural south.

The third symbol received was Godhead. The symbol appeared as I was channeling an Ascentia energy treatment for my wife Lisa here in Nashville, TN, USA. This symbol, called Godhead, had a multi-dimensional feel. Godhead is the most powerful of the energies. When using Godhead energy take it easy, don't rush it. Let this energy work with you gradually. It may be important to use the other three energies for a few weeks prior to experiencing the Godhead energy. There is no hurry, let your bodies adjust gradually or you may have adverse effects.

The fourth symbol received was Focus. This symbol and the accompanying energy were received in north central TN, at a state park outside of Jamestown. The Focus symbol appeared when I was meditating with my wife Lisa.

Keep in mind a person does not have to experience an attunement to be able to channel the AES energies as in Reiki. While these symbols are Sacred they are not secret. These energies are meant to be used by anyone so guided. Just meditate on the symbols.

USING FOCUS, CLARITY, ASCENTIA, AND GODHEAD ENERGIES

If you have studied the 1999 version of the Ascension Energy System, Part I, you will notice a pronounced difference in this section. I suggest following guidance and intuition, and letting the AES energies express Divine Will whatever that may be.

If someone has not been working with energy such as Reiki, they may not experience or feel the AES energies at first. It may take a few sessions of experiencing the energies before a person starts to feel the energies. The point is, give yourself some time to get used to these energies.

AES is not like Reiki. There is no Attunement needed. People with a Reiki background think in terms of Attunement; it seemed odd to me at first as well. An "Attunement" will add a filter to the energy; it is best to keep the energy pure.

AES is best not mixed with Usui Reiki or other energy systems. These energy systems have different origins, uses, and support.

Try calling on the "AES Guides". This is the proper term to use; this is the specific term to use. These Angelic Beings have been created specifically by Source, at the omniversal core, to work with humans and the AES energies.

Why don't we start with Focus. With the AES energies I prefer visualizing the symbols instead of drawing them. I see Focus as having thick lines over a thick circle. The diagram of Focus shows thin lines, but this isn't how I see it.

Focus helps to realign, clear, heal, activate, and develop the individual chakras. Also Focus works on the group level, etc...

Try visualizing yourself standing on Focus, the circle cross. This can be a very grounding planetary energy; used in this manner, your connection with planet Earth can be more pronounced.

Additional experiences include standing on Focus and seeing the circle cross rise up in a three dimensional column. This can enhance the grounding effect described above.

Try visualizing Focus on the individual chakras, one at a time. For example, Focus may want to go to the 6th Chakra, the mental energy center. A person may feel more mentally focused with this exercise.

The AES energies will interact differently with different people. Try visualizing Focus on all your chakras, one at a time. Try projecting Focus in the six directions. Ask Focus to go to the most appropriate location in your bodies.

Personally, Focus has been very effective in helping to realign, clear, heal, activate, and develop my Earth chakra, below my feet. A functional Earth chakra helps me to feel like I am a part of humanity; that I want to be here and complete my contracts. Before working with Focus on my Earth chakra I did not feel very connected with this world; I love being here now!

Focus can be very effective when channeling energy during a treatment for another person. When channeling the energy, just visualize Focus on the hands or on the area of the person you are treating. The Focus energy can continually be strengthened by revisualizing the symbol on the person or on your hands during the treatment.

In working with a group, try experiencing the AES energies while standing in a circle. Start with individuals visualizing Focus underneath their feet. Then try visualizing a large Focus underneath the group. Feel the group grounding to planet Earth. The group may experience a sense of bonding as well. Focus can be very useful in facilitating grounding during metaphysical classes.

Some people see different colored AES symbols. The color may vary. Some people see the AES symbols rotate or move in a specific manner.

Let's go to Clarity. Clarity works well with self treatment or treatment of others. Clarity energy can be excellent for clearing, healing, and balancing chakras. Visualize Clarity in a tubular 3D shape.

Try visualizing Clarity on the individual chakras from your 8th chakra down to below the feet at the Earth chakra; stop momentarily at the individual energy centers as you go from chakra to chakra. Then visualize Clarity moving back up to the 8th chakra. Notice how Clarity may be more drawn to specific energy centers. Try spending additional time visualizing Clarity at the chakras most drawn to the Clarity symbol / energy.

Try visualizing Clarity from above the head to below the feet. Just lay or stand in the large Clarity symbol. This is a general clearing of the energy field.

The following is another example of using Clarity during self treatment. This self treatment may work best lying down so a deeper meditative space may be experienced. Try visualizing Clarity on your hands. Or, try drawing Clarity on one hand and then the other hand. Then place your hands on a specific chakra during meditation. You can also just visualize Clarity on a specific area of your body. Self treatment can be a cornerstone of spiritual practice for individuals seeking a higher vibrational state of being as well as energetic healers.

During treatments of others just visualize Clarity on your hands to key the energy to facilitate the channeling. This energy is effective when used to help clear an individual chakra. Keep revisualizing the symbol to increase the energy flow.

Ascentia may seem like a gentle energy, but it is very powerful. Ascentia works on multiple levels. Visualize Ascentia in its three dimensional form; try varying the colors.

Ascentia is usually visualized centered at the heart. This symbol extends over the head and below the feet. This is a three dimensional symbol. The Ascentia symbol is thicker in the center and thins out at the points as diagrammed.

Besides a general balancing of a person's bodies, Ascentia clears, heals, activates and develops the light body or Mer-Ki-Vah. Ascentia realigns or reconnects the axial lines. In later writings, discussion of using Ascentia to upgrade and activate the Mer-Ki-Vah and chakras / energy centers will be covered.

During self treatment or treatment of another, visualize Ascentia on your hands. Next place your hands on or above the heart chakra.

While treating another person, visualize Ascentia on your hands. Move back a meter or so from the person you are channeling energy into. With the palms of your hands directed towards the person receiving the treatment, vary the distance from the person till you find the distance with the greatest draw of energy. Channel energy for a few minutes at that distance. Look for a healing of the light body, etc...

Here is an example of using the Ascentia energy with a group. Stand in a circle. Each person visualizes Ascentia vertically encompassing their bodies from above the head to below the feet centered at the heart. Allow the energy to balance the bodies of the individual group members.

Next, visualize Ascentia horizontally encompassing the entire group, surrounding the group, with the four points of Ascentia touching the walls of the room. Notice how the group's light body balances. Individual energies are balanced within the group. You may feel the individuals in the group become one. You may feel hearts connecting.

Lastly, this is Godhead. The Godhead symbol extends in six directions with slender points.

Godhead can be used to realign, clear, heal, activate, and develop individual chakras. Godhead works on all levels: the chakra level, individual level, group level, etc... Godhead works on all vibrational levels of the individual chakras as well. Godhead works with the planetary chakras, solar chakras, and through the cosmic chakras. Godhead can help align an individual's chakras with the cosmic chakras.

Here is an example of Godhead being used on an individual chakra. Visualize Godhead in the heart chakra and hold the energy there for a few minutes. Or try self treating by visualizing Godhead in your hands and placing the hands over your heart and meditating with the energy.

Godhead can be used to help realign clear, heal, activate, and develop the 8th through 12th chakras. This higher chakra activation works on its own time; I suggest not rushing this. This is discussed in the AES, Part I, Treatment Series.

Godhead can be used to further develop the Earth chakra as well. This Godhead energy has its own intelligence and will work on an individual's appropriate level of development.

Visualize Godhead in the individual chakras; see how it feels and looks at the various chakras between the root and crown chakras. Next, see Godhead at the Earth chakra. Now start at the 8th chakra and visualize Godhead. Try visualizing Godhead, centered at the heart, extending above the head and below the feet.

Godhead is ultimately beneficial in developing the energy field to further anchor Divine energies into planet Earth. Feel the energy centers and channels above your head and below your feet realign, clear, heal, activate and develop. Feel the energy as it flows through you. Godhead can be used to open these higher vibrational chakras and channels to help a person serve as an anchor of cosmic energies into planet Earth. This is further described in later writings.

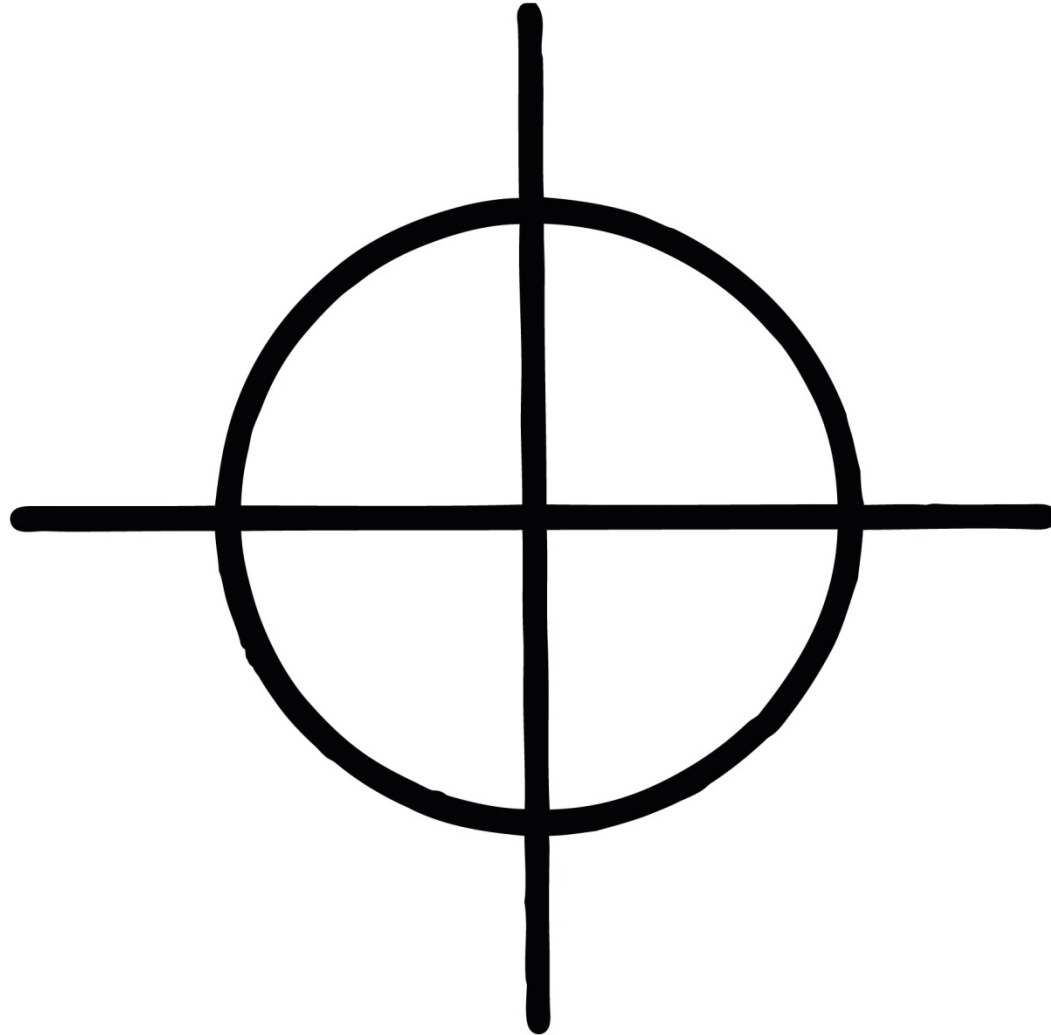
Godhead can be used not just in self treatments but for treating another person. Just follow guidance and intuition. When working with someone who resonates at a high vibration, the Godhead energy may be more effective. The Godhead energy has an intelligence of its own.

Godhead can be used in a group setting. Start by forming a circle. Each person visualizes Godhead centered at their heart chakra extending above their head and below their feet. Hold the energy for a few minutes. Now, as a group, see a large Godhead symbol extending around the group, centered at the heart level. Everyone in the circle is inside this large Godhead symbol. Feel the group serving as a channel to anchor Divine energies. Feel what this energy does with the group.

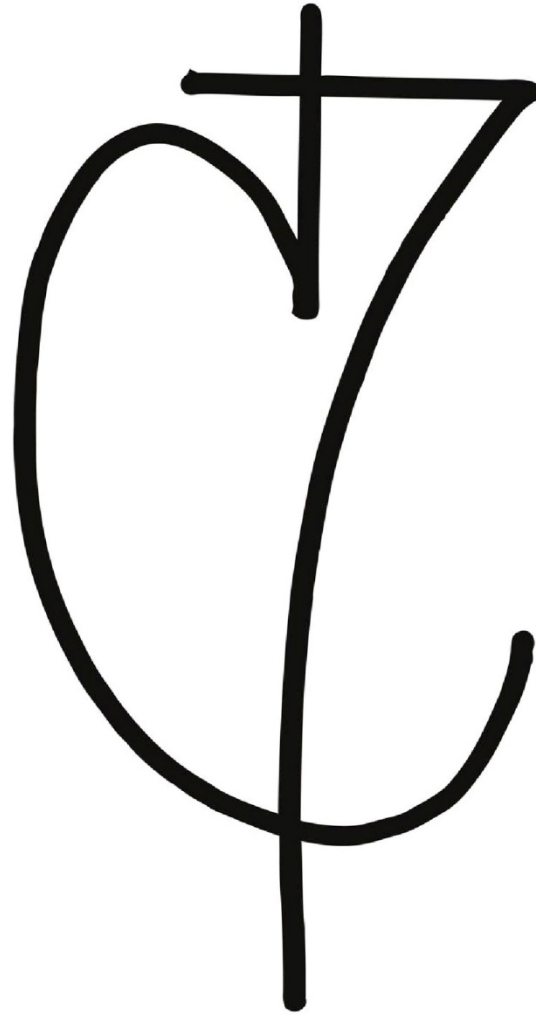
These AES energies can be very effective when used during metaphysical classes. Try using Focus for grounding and clearing, Ascentia for activating individual and group light bodies, and Godhead for helping the group move into a high vibrational state. This will get you started. Follow your guidance and intuition!

Keep in mind you may have many other experiences with these AES energies. These are Sacred energies. The more a person works with these energies, the more effective the energies will be.

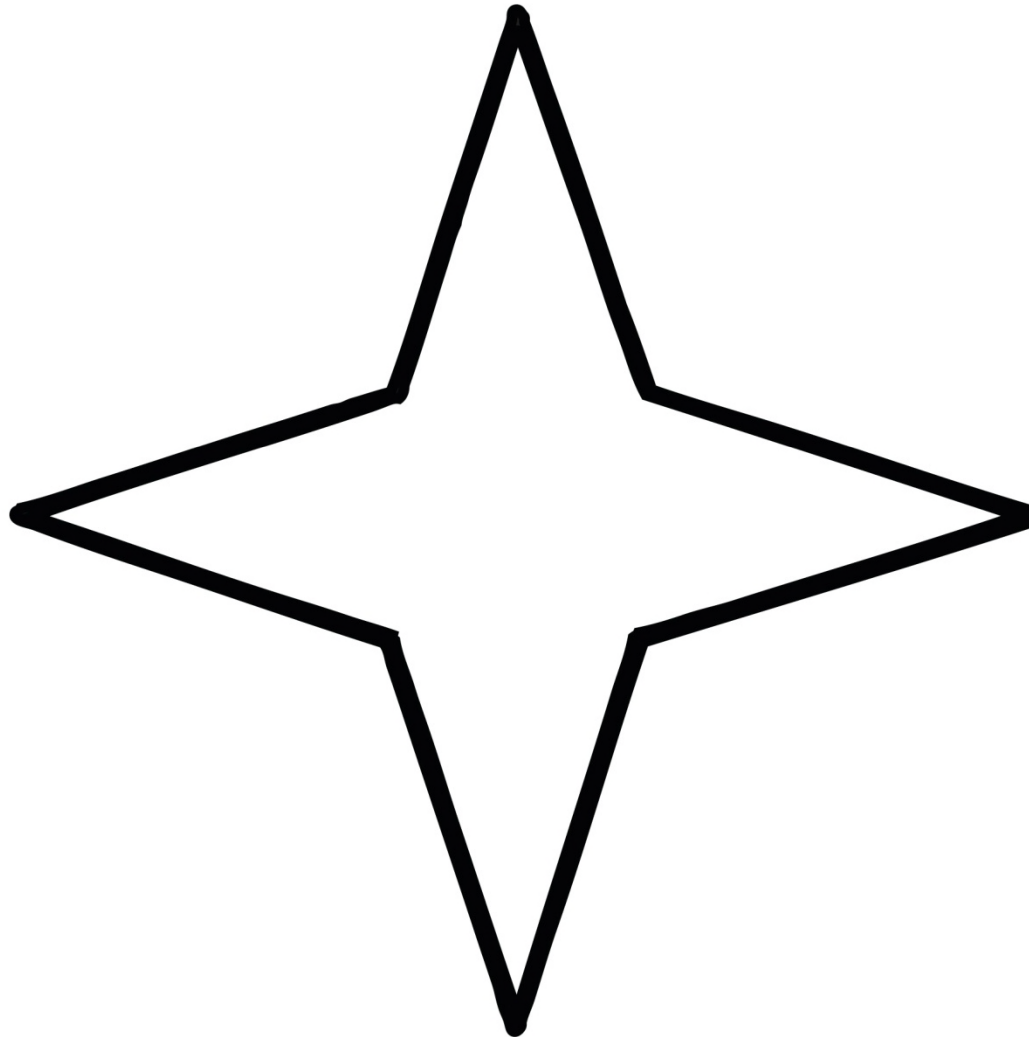
Focus



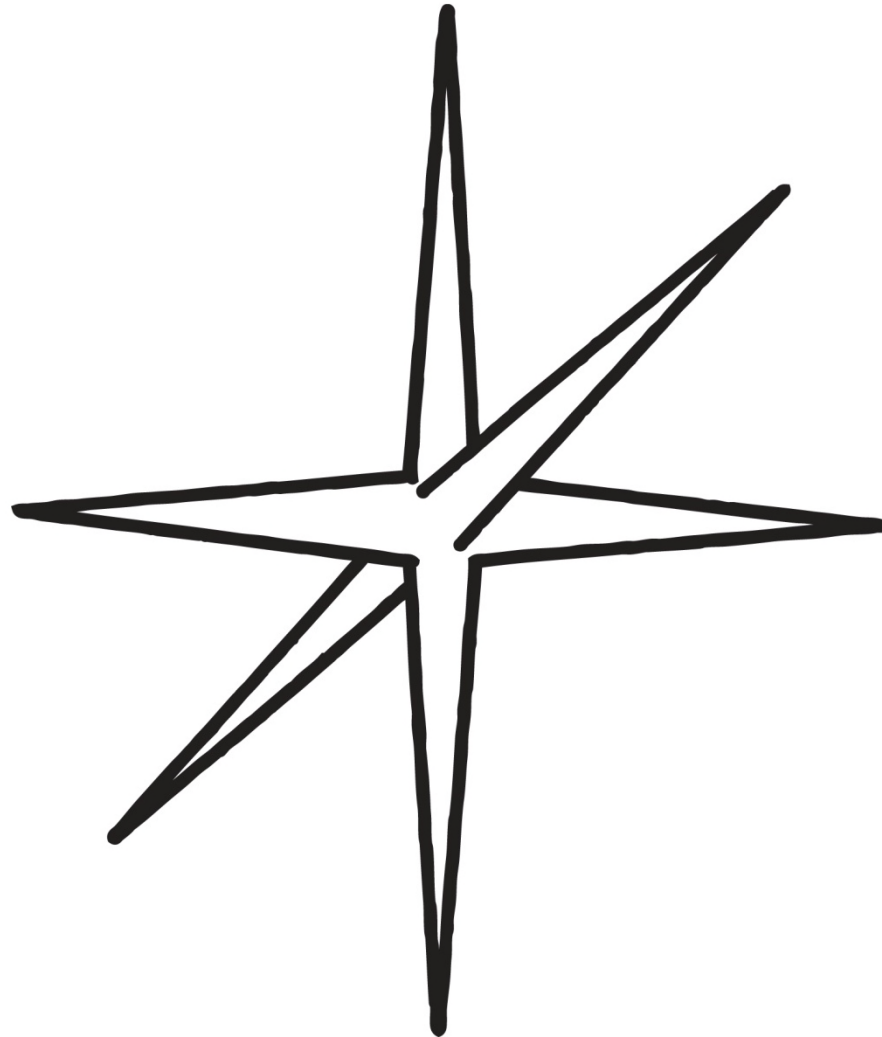
Clarity



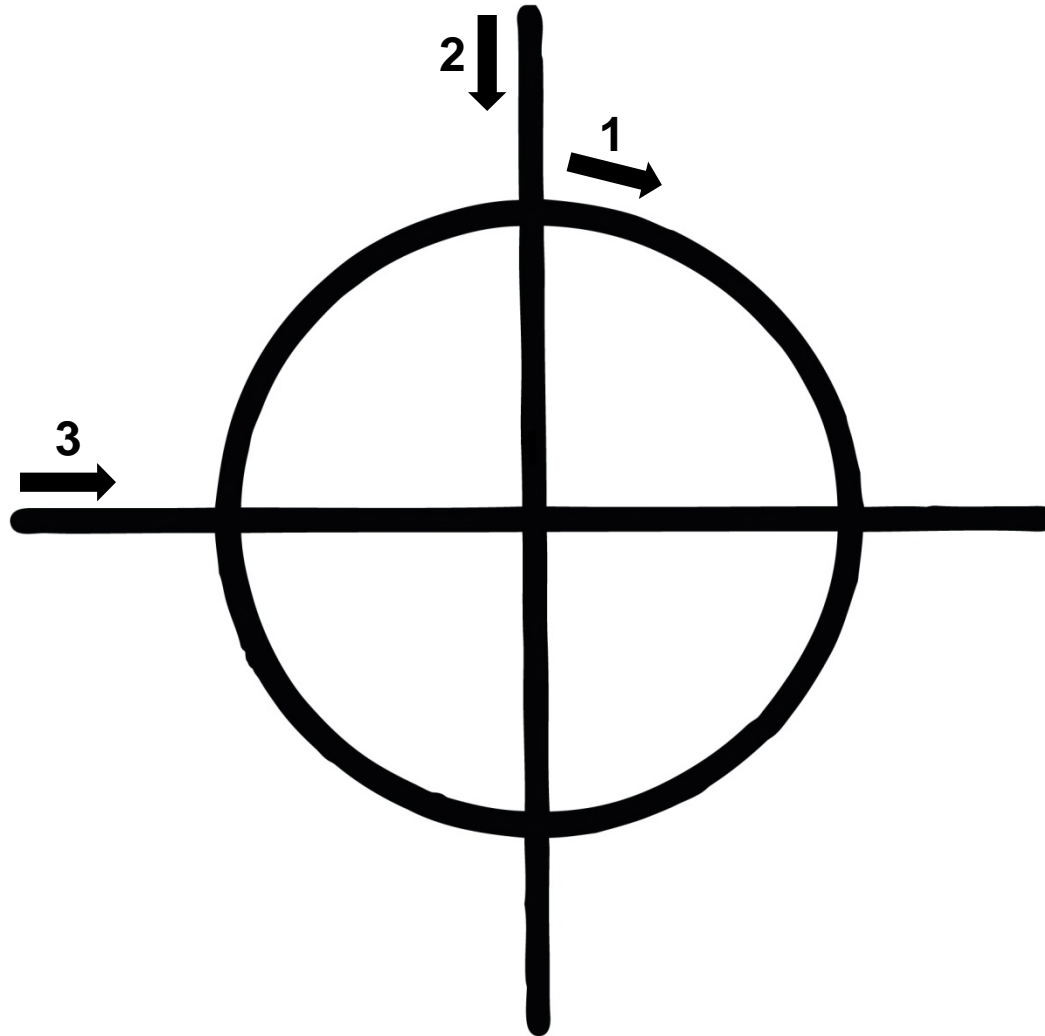
Ascentia



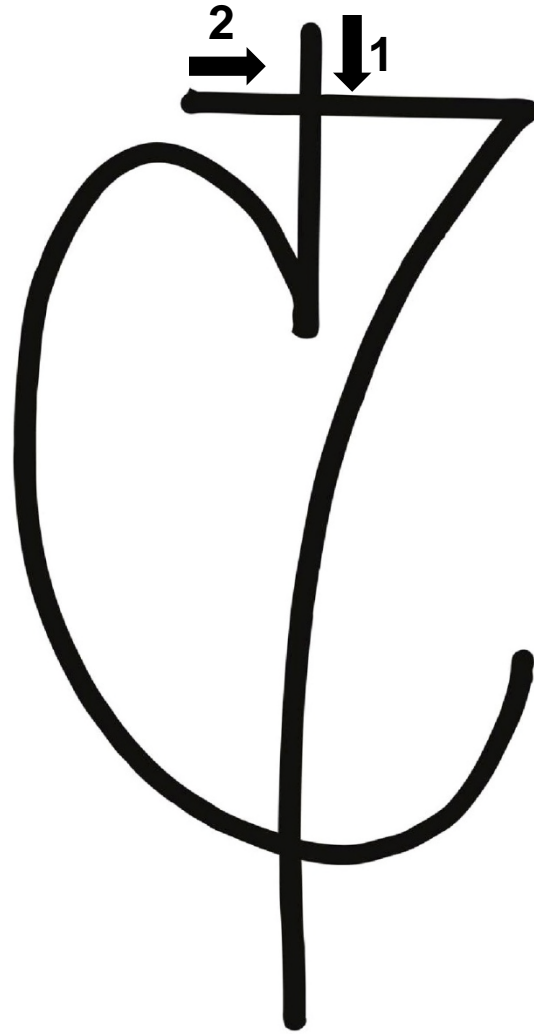
Godhead



Focus

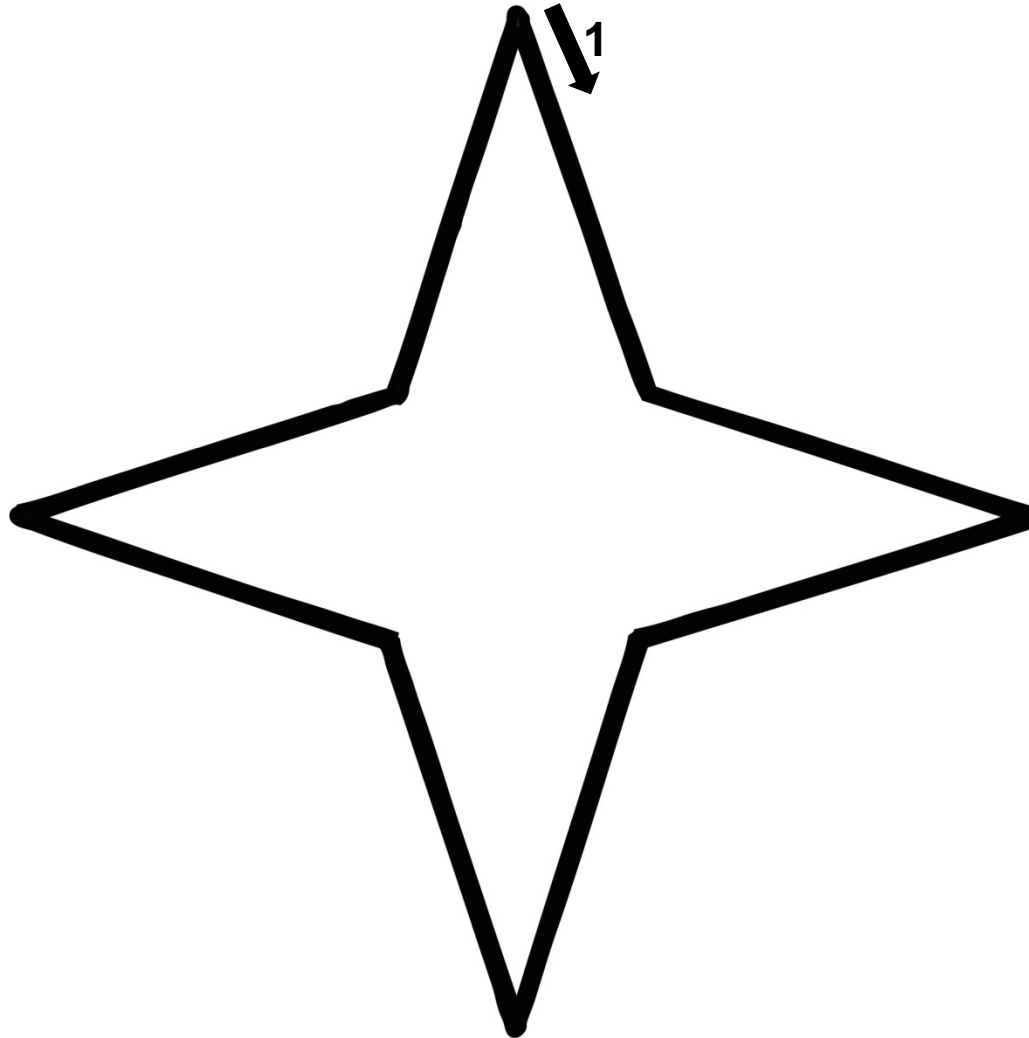
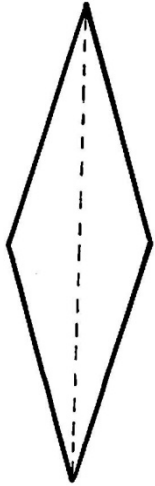


Clarity



Ascentia

Side View



Godhead

