

# Lighten Up! ~ An Ascension E-zine



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## **Ask, Accept, Allow** *Getting in Synch with Grace*

We all have days, or weeks, or sometimes months when we wish things were going differently in our lives. Some days it is hard to respond creatively to the choices of others and the events around us. We tend to become reactive instead of responsive. We listen less and “yeah, but” more. We wrap a little protection around our vulnerable center and tighten up the old screws in the scaffolding so things will not come tumbling down.

Any contraction of energy is not flow. When you hold on to difficult thoughts or emotions you create congestion or stagnation in the physical body. Once the body begins to ache, it is even easier to think difficult thoughts and the cycle begins to perpetuate itself. After awhile the physical or emotional bodies break down and leave you moaning in agony, sobbing in the shower, or both.

Flow is a good thing. You know the feeling of ease and effortlessness. All you need to do is remember it. It can be hard under times of duress – when someone has acted counter to your wish, when your body is in pain, when strong feelings come up for review. These are the times when it is most important to CHOOSE your thoughts. Regardless of which thoughts pop in to your mind, choosing the ones you dwell on is where the real power is.

The equation is simple, more self Awareness = more all around Ease.

The solution is to help yourself to loosen up.

Here are a few things I've found extremely helpful for loosening up. When I keep these ideas in mind and in my walk through life, it is easier to recognize and celebrate the gift, the present, of each moment.

There is no schedule, routine, or discipline required. You don't need to study them or even consider them in any particular order. They are little things I have found useful in remaining optimistic, hopeful, even idealistic about the world we share, and those we share it with. If some part of it tugs at your heart, then let it in, otherwise, let it go.

If you choose to do any of these things periodically or routinely, you will notice a change in your life. Your heart will loosen up a bit and the rest relaxes from there.

### **Ask "Who am I?"**

If you considered the possibility that you are energy using a body to explore the living planet Earth then you naturally want to know who you are. This is a question we, as a human species, have been exploring for eons of time.

Some will people tell you who you are. Some will tell you who you are not. Those who know will tell you it cannot be told, and they will do what they can to assist in your coming to know it.

Re-memembering who you are, in essence, is the profound experience most people are aiming for. It is why Source energy chose to express in human form, for the RE-Discovery of self.

Here's the skinny >>>

You are an expression of the energy Source of Creation.

You are the Grace of God – incarnate.

What sensations or emotions do you have when you say this sentence aloud?

***"I am the Grace of God – incarnate."***

If you have any doubts about the Truth of that statement then I recommend you spend more time asking, with sincerity, from your heart of hearts. Then, quiet the clutter in your mind and listen – with your heart – for the feelings that will change your life.

The universe responds to you in one basic sentiment, "And so it is!"

With this in mind you can begin asking the universe for information on anything, anytime. It is important to remember not to ask "for" things. Each time you ask "for something" you have reinforced

to the universe that you do not have it. So, for now, ask for information, guidance, the feelings you can begin to trust for clarity. Simply put, if it feels good, it is right for you.

**Accept these three basic truths;**

As you become comfortable with asking your inner most heart for information, and learning to understand the responses, you can begin to embrace new pieces of information and trust their authenticity.

You are more than a human body.

Every form has a source of energy flow moving through it. The Source of that energy flow embraces All living things, and more. The energy has consciousness and has chosen to express itself through a human body.

Everyone is an aspect of original source energy. As that energy emanates out from source it divides/multiplies into lots of potentials. Imagine a ray of light that is made up of unlimited number of sparks of light. You, the one you identify with, are a facet of a spark - but you are never separate from the ray. When your facet chose to experience being human, you chose to "forget" that you are part of a spark, that is part of a ray, which is emanating from the core of LOVE.

The other facets of that spark are not in "forgetfulness". They know you as part of them. They know you are in the forgetfulness, and they will do everything they can to remind you of who you really are. You must be willing to seek and FEEL their presence. That feeling comes through the heart, not the head.

You are intimately connected to All That Is.

The Source of energy which created you, created everything. The energy which moves through your body also connects to All things known and unknown by the human experience. All matter and void are aspects of this vast energy Source each resonating with a unique and harmonious frequency. Every wavelength ripples in ways that affect the All.

Liken Creation to a bowl of gravy. There are some large lumps and some small lumps and some soupy parts without many lumps, but all of it is gravy. Anything that happens to the gravy, i.e. more salt or pepper, affects all of the gravy. You are intimately connected to All of Creation.

The Earth is Alive with Consciousness.

One of the most incredible expressions of Source Energy is the planet known as Earth. She is the receptive polarity of the Creative Source. She, like you, consist of billions of micro-cosmic systems all functioning from the same Divine blueprint to grow the whole, as part of an infinite cosmic system beyond our present ability to comprehend.

Consciousness is a key word you will encounter often on the journey within. In fact, it is the reason for the journey...to expand your personal consciousness, to increase the awareness you have of each moment.

Earth is far more conscious than you might imagine. You do not have to think to breathe. She does – as do some of the most advanced species on the planet like whales and dolphins. They actually have a thought in order to have a breath. You do not understand the codes imbedded in your own DNA. Earth does. She knows her own DNA and yours, the record of everything which has ever happened on the planet – long before the human experiment – is recorded in her cells. Those plants, minerals, and magnetic energy flows are all known to her.

Earth maintains a balance which lovingly allows us to live in disharmony.

How gracious is that?

Once you come to know these three Truths about life on Earth, your outlook on everything which happens in your life is bound, by the laws of energy, to change.

As more people accept these Truths, the resonance of the entire planet changes. Likewise, as the resonance of the planet shifts it becomes easier for more people on the planet to perceive these Truths.

**Allow your Other Self to be your Judge.**

Each person is here, incarnate in human form, because Spirit wants to know more about life in a body with a forgetful mind – just for the fun of it. We are here to function through the electromagnetic energy center of our bodies known commonly as the heart chakra. This is the vibration center which matches unconditional love – the energy of appreciation for All.

Creation appreciates All expressions for they add to the Awareness of the Source itself. To be in synch with the Creative energy of Source, make the choice to truly appreciate – find the gift – in everything. That is the vibration which makes room for Love to Grow.

It is common knowledge among 90+% of humans that we are our own worst judges. Not to mention brutal on each other. The Self of Love's Creation that lives in our heart chakra knows you are Divine energy, in a state of forgetfulness. There is no critique of your choices, except the sincere appreciation that you continue to choose.

Because the infinite source of All Creation knows Truth far beyond what is fathomable for an incarnate being, we thankfully hand over the role of judgment to the grace of compassion. Let's put the Essence Self, that part of the ray which is always aware of the connection to Source, in charge of judgment for a while. After all, the bigger self does have a broader, more informed picture of what is really going on.

So, we surrender the need to belittle ourselves and ask our Soul Self to judge our every word and deed.

Love's Essence says to you;

Choose with your heart and you cannot choose wrongly.

Choose with Awareness.

Choose Highest Good for All That is.

If you are not happy, choose again.

I love you.

Thank you, this whole creation thing is much more interesting with bodies and free will.

So, thanks.

And Remember, you cannot go wrong if you go Within.

That's it! Are you getting a sense of this thing called Grace? Nice huh?!

**Ask** – the only way the universe can respond is if you inquire with sincere intent.

**Accept** – the beauty of who you are within the vastness of ongoing creative potential.

**Allow** – the Soul self to provide the messages you live by. They will carry you through every trial and deliver you to your own Remembrance.

Now, instead of running a race to keep up with people you don't know, using systems that drain you, measuring yourself against a stick you can never pin down, finally you get a break. Whenever you feel harsh feelings or messages creeping in from anywhere, i.e.

wrong

not enough

stuck

unfortunate

Allow the Essence Self be the judge. Receive a deep breath – or 20. Then, go back to these words of judgment laid out by Love's Essence –

***Thank You. I love you!***

As I mentioned in the opening paragraph, there are times when we all feel out of synch with Grace. I assure you that if you will take control of your thoughts, tap in to your feelings, and practice the Three A's you will sleep better at night. You will have less stress each day. You will begin to notice positive things happening in your life. You will know more of your own Truth. You will make better choices. And, you will experience more joy and ease in your life.

*Embrace your magnitude! You'll feel much better.*

*-- I AM*

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