

# Lighten Up! ~ An Ascension E-zine



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## Riding A Wave of Change

A few weeks ago the world began to spin anew. Did you take time to notice? To participate?

We have been told for 30 years that the conscious choices of the people of Earth created a wave of mass thought which changed the course of all creation. Do you believe it? Are you practicing your belief?

Earth is in the time of her Ascension, and many souls on Earth set their Intention to make the transition from third dimensional experiences to those of the 5th and 6th dimensions and beyond. How many souls? Less than 1/2 of 1% of all souls playing in the Earth realm is all that is needed to change the reality for everyone. If you are reading this message, you are undoubtedly one of the powerful minority who chose to help create Heaven on Earth.

The time has come to choose again. To learn the power of choice, to embody the power of conscious decision making, to step into the stream of Love you are and focus your Creative force in ways that will assist the planet and all who play on her into new ways of Being.

**“You are the rising tide that will lift all boats.”**

That was the teaching of the 101010 Spirit to Human Convergence recently held in Scottsdale, AZ. The collaborative event host by [Jim Self – Mastering Alchemy](#), and [Steve](#)

[Rother – Lightworker](#), brought together 500 souls to set an intentional vibration Within that would affect our entire world.

We did it because each of us remembered, somewhere inside, that we had agreed to come together when the time was right. We did it by acknowledging our awareness that All of Creation is made of the same Essence and that we have the right to live in the flow and feeling of Oneness at all times. We did it through taking responsibility for our choices, managing our thoughts, aligning our will and emanating love ~ with purpose. We entered an agreement with each other and the Universe that we will step out of the illusion of limitation and into the fullness of our Divinity ~ Now, and in each moment.

Did you feel it? A little tug in your heart that said, “Something is different now and I will never be the same again?” Maybe you felt it a year ago, or more. Maybe you have been getting glimpses of it these last few months, especially since the Summer Solstice last June. Maybe you feel the ringing in your ears and don’t really know what it means ~ but you know it cannot be ignored.

**The teaching of 101010 is one we all know deep within, and we can all participate in Each Day. You, too, can be part of the agreement to change your life, and the world, forever. You, too, can take a few steps each day to making your Divinity your Purpose.**

Sounds like an odd statement doesn’t it...to make your Divinity your Purpose... until you consider the history of Earth. Eons ago, we as souls, chose a playground where we could forget our Divinity and make illusion our purpose. We chose to experience the “not knowing”. So, we must now choose to experience the “Re-membering”. We must choose to make our Divinity our Purpose in order to Create a world where illusion is not the game.

#### **Are you ready to change the game?**

Are you ready for a life of knowing who you are, and what you are capable of ? Are you ready to release the sense of fear and doom that has run your game for many lifetimes? Are you ready to remember why you chose to incarnate at this time and how you can feel free of the shackles of judgment? Perhaps your journey has already taken you to the wondrousness of your heart and you wish you find new ways of expressing it in the world?

Close your eyes for a moment and envision your very favorite experience. The most meaningful and enjoyable moment you remember feeling. Enjoy a few deep breaths allowing the air and essence of the feeling to fill your entire body. Breathe again and let it fill the space around you. Take a few more breaths letting the feeling fill the entire room you are in ~ after all, it is your very favorite feeling this life, surely it is big enough to fill the room. Once that feels really comfortable, familiar, then say aloud, “Thank

You!" Thank the Creator and thank yourself for this feeling and your ability to recall it any time you wish.

Now, close your eyes for a moment and remember a time less cheerful. Allow your logical mind to replay a time that was focused in fear or shame. It doesn't have to be the worst moment of your life, just one of those noticeably uncomfortable moments. Allow yourself to feel the discomfort. Place the feeling of discomfort inside the room filled with your best feeling. See how tiny and insignificant the discomfort is when you bathe it in a room full of joy. See the yucky feeling getting smaller and smaller until it is entirely transformed by the lovely feeling. Take a breath and say aloud, "Thank you!" Thank the lousy the feeling for showing up in your life, as it provided you with a wonderful contrast and a powerful stimulation to change something for the better. Thank the lovely feeling for its role in transformation. Thank the Creator for providing you with the Will and the Power to choose the role these feelings would play in your experience. Thank yourself for exercising your Divine Right to be happy.

This is how you create a wave a change. This is how you lift the spirits of 6.5 million people ~ and many more souls throughout creation. This is how we all go from a competition to collaboration. First, you look at you. You express your willingness to release the feelings which keep you bound and limited. You embrace your right and your ability to create the feelings you want. No one can make you feel anything. Once you have learned that simple truth through practice and application you can and will change the world.

The simplest way to transcend any feeling you do not want is to replace it with the feeling of Gratitude. Begin to be grateful for each thing you notice, as it is showing you something about you. The more you get to know yourself the more you will come to see that you deserve to express your magnificence as a Divine Spark of Love creating new worlds within the Great Void.

**"You have a saying on Earth ~ Om nama shivia ~ it means, "I celebrate the Divinity in Me". We would ask you to focus your intention and be One with your thoughts when you use this phrase. It will wake up parts of you that will make your journey easier. Know that you are Divine and you deserve to feel it completely. Yes, please do, celebrate the Divinity in You."**

~ I AM>Carla

I thank you for being here and sharing in this wondrous adventure.

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