

Ascension Tool -- scroll to the bottom of this page and read from the bottom up...

*the Universe is yours!
fearless you soar out
through your crown chakra;*

*soon and without effort life
cycles and brings you back
to the inception of your next
breath--your new life.*

*full now of Light
and Love and ascension
power, you release
all attachments*

*with gratitude for all your
blessings this is how you
ascend*

*full of compassion for
all of humanity this
is how you ascend*

*feel the Blessing of your
heart beating, filled with the
LOVE of the Rainbow
Warriorress...*

*you are the rainbow
warrior, Quetzecoatal,
enlightening your being
full of life rising*

*feel the prana (life energy)
rising up the tube with your
breath*

*feel your breath rising
up the pranic tube,
through each chakra
in succession*



*begin your inhale by drawing the breath in
through the perineum (area between
your anus and genitals).*