

Affirmations Of Creation To Ascend

1. I intend to heal all wounds and ego defenses created from past and present lives. These are not me, but they often rule my life and world. I now do the work and apply the many tools received from higher realms to assist in my healing. My healing allows my direct connection with the ascended master realms, and to become them.
2. I intend to know and apply the meaning, value and purpose of being within this third dimension of emotions, thoughts and physicality. Each dimension has a purpose. My purpose is to learn to love through duality and to transcend into world service through unity. Since lower frequencies are not allowed within the higher realms, my mission is to raise my frequency through consciousness.
3. I intend to transmute my believing mind into the service of my knowing heart. Stored within the DNA of my heart is all I need to know from past and present experiences. My self-mastered self is alive and well within my heart, and I am learning to think with my heart to fully access this.
4. I intend to know that duality, separation and confrontation are an illusion and not my ascended state of being. I wake up from the dream and remember there is no two, only one. I choose to release the pain and suffering this illusion has caused and not need to learn through it any more.
5. I intend to remember and apply the truth that all judgment, shaming and blaming in my world is simply how I feel about myself reflecting out to others.
6. I intend to surrender to not knowing even though my mental body thinks it knows. In the not knowing are all possibilities and probabilities living in the void of Creation. My knowing heart contains all I need to know. I am learning how to access this.
7. I intend to know that my ascension is the marriage/union of my eternal self, my I AM Presence, with Creation. I shall achieve this union through the healing of the self-centered me into the healed we.
8. I intend to remember that I agreed to a 'human contract' on this planet to understand, access and apply my divinity within every moment of the now. The failure to not remember this is the reason for all the dysfunction in my world now.
9. I intend to acknowledge that every human being, animal, plant, mineral and unseen being on this

planet are conscious beings made of the same cosmic elements and have a divine right to be here. They are not meant to be controlled by me. Trying to control anyone or anything is a reflection of my non-loving relationship with myself.

10. I intend to realize that my emotions are creating the life I am having. My emotions create thoughts, which create actions. My emotions are stored in the atmosphere creating weather.

11. I intend to experience joy knowing it is one of the highest frequencies within the universe. Joy is an empowering aspect of love, the building block of the universe. The feeling of joy allows manifestation with grace and ease. I intend to pay attention to how much joy is presently in my life.

12. I intend to be conscious of my ascension process moving from density to light. This process is achieved by two factors:

- First, I know I came from love, I am love, and I am lovable, and I intend to mirror this out into the world.
- Second, I intend to have gratitude for 'what is' in my life rather than focus in on 'what is not.' I am mastering the cosmic equation: gratitude= abundance.

13. I intend to commit to be willing to do the work to release myself from myself. All the tools I need have been given to me from higher realms many times. I am ready to commit to my ascension and see it as the most important aspect of my life.

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