

Embracing an Ascended Life

A Series of Twelve Energy Transmissions



Message Seven: Just Keep Going!
Through Wisdom Teacher Sri Ram Kaa & Angelic Oracle Kira Raa
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The Benevolent Ones Speak:

We welcome you. In many worlds, many call to us, and many call to us by many names. You do indeed know us already. We have been working with this vessel, [Kira Raa], for many months now to speak this clearly to you. Do you not know us because we are not in a Cheshire mode? *[The Benevolent Ones have previously come through Kira Raa with a very broad smile and difficult speaking skills.]* You know us as the Su'phalla, the Benevolent Ones. It has been a glorious journey of many months to be able to accept a flow of divine fragrance that is as soft as this flow is.

The Portal of Divine Love and Light

It is we who have come here at this time to offer to you in this moment, the recognition and the knowing that you simply must keep going. Please understand beloved ones, you simply must keep going. In front of you there is a portal of great light, a portal of great brightness. Around you there are many energies that invite you to stop, to say *enough*, to say *no more*, to say *how could I, how could anyone*. **It is important to know that this portal before you is the divine stream of divine love, the consciousness of divine love, and it is this simple beloveds...you just keep going.**

How many times have you stopped? How many times have you found a wall when no wall exists? How many times have you come forward into the wall and allowed it to stop that which can not be stopped?

You are the infinite expansion of divine love and as the infinite expansion of divine love, you just...keep...going, one foot in front of another, One Heart radiating toward the center of the Godhead, One Love expanding out all ways.

The Blue Starborn

Beloveds, we are so joyous to speak with you this way now, to bring you ever more clarity and love that you keep going. Many of you are, what you know now as, Blue Starborn. This means that you are eternal Light expressing so brilliantly, so boldly. We offer to you the example of a glacier. A glacier is a beautiful gift of Light, a crystalline mountain of Light, so brilliant, so bright, so pure, that in this environment it radiates as blue because it is so pure, it would not be seen without this hue.

In the recognition that you just keep moving, see before you your own portal of divine light at all times.

For many, many, many what you call years now, the realm of the Archangelic beings has so lovingly offered to you many messages of reassurance, hope, recognition, clarity, homecoming, knowing, so that you may keep going.

When you walk in the state of complete blissful recognition at all times, with your eyes on the divine at all times, you then find that there is no separation between the divine and you. You are the divine, the divine within is the divine of Allness, and as you come forward into this beautiful portal of light that has opened before you in full glorious majesty, you just keep going.



Just Keep Going

Perhaps we can say that again for you. Just keep going. When it feels difficult, when the world around you seems out of control as they say, when the events scare you, when what many call horrific comes before your radar, you just keep going, further into the Light, further into the Love, further into the recognition that just as the bodhisattva sat under a tree, neither the angel nor the devil could deter the energy, and he just kept going.

Beloved ones, what is it that calls to you that would make you think you could not keep going? In this realm, you have many experiences that call to you, each one a magnificent gift because each one offers you the opportunity, you know what I say now, to just keep going.

It is important to recognize that you are an abundant vehicle of divine light. Your precious presence is the gift of divine reunion. You are the gift, you are the presence, you are the beloved in action in all-ways, at all times.

In all-ways at all times, light begets light begets light begets light begets light. How do you think you got here to begin with?

Walking in Bliss

As you move forward, as you allow your divine portal to open, if a doubt comes before you of the divinity of your own blessed beingness, simply just keep going further and further into the light. When events call you, when your mind calls you, you just keep going. As you allow this momentum of divine light to carry you further and further into the grace of all that has ever been, you become unstoppable, and then your presence, of all those around you, no matter what they chatter into your ear, you are bliss, are you not? You are peace, are you not? You are joy, are you not?

When you walk as peace, when you walk as joy, when you walk as the divine in all ways, how could you ever be affected in what you would call an emotional body?

When you walk in bliss in all ways, neither affected by what many call tragedy, nor affected by what many call ecstasy, then you just keep going. This is how you keep your eyes on the divine at all times. It begins with the recognition that you are the divine at all times. What a gift to have a body, what a gift to have eyes, what a gift to have hair and nails and skin, what a gift.

The Pyramid of Spiritual Awakening

Beloved ones, many of you are familiar with the Archangelic Realm, which has offered to you that there are indeed many ways that you move through consciousness in the navigation of your own presence of the divine. When you consider the pyramid, [referring to

the pyramid of spiritual awakening found in 2012: You Have A Choice], and you begin with Density Consciousness, consider your mouth to be Density Consciousness. What comes out of it? How are you using it? What goes into it and how are you using it? Many stuff many things into their mouths creating an opportunity to become ever more aligned in Density Consciousness. Many do this to find peace in the body, to realign in the body, and this is indeed a great and grand opportunity that exists exclusively in this realm, in this way that you all experience it.

So if your **mouth** was to be the base of Density Consciousness, then consider what you wish to feed it, or whether you wish to Lighten it. What do you ingest? What do you say? It is a 2-way street indeed, is it not? The mouth inhales as it exhales, and so may all breath, may all inhalation and may all exhalation **just keep going** into the light of divine recognition.

We move up to your **nose**. Your nose indeed offers you a dual opportunity, does it not? It has a left and a right, whereas the mouth is very demanding, is it not? Yes, very demanding...Density Consciousness. Choice begins at the nose.



You have a choice here: there is the left and there is the right. This is where your choice breathes you into Spiritual Activism because you're able to breathe in choice. You are lifting from. You are recognizing balance, and within you stirs the opportunity to move ever further. If you are existing in the nose, then sometimes the smell is lovely, and sometimes it may not be. And so again you have choice. How do you choose to receive the Breath of Life? How fully do you bring it in? Are you able to integrate the nose with the mouth in union, in balance?

When you, for example, ingest a great chemical, it will offer an odor to the nose, will it not? If you drink water filled with chemicals, you know it do you not? You taste it in the mouth, and you smell it in the nose. You are activating a choice of consciousness. When you can pay attention to the divine union that exists within the mouth and the nose as a window and portal of divine conscious connection, it will then lift you to what you call the third eye.

As you bring your attention to the area of the **third eye**, and as you are able to receive and breathe here, this is where Ascension Awareness begins. You are no longer attached to what goes in and out of your mouth. You are in union with the nose and the mouth, they are not in conflict with each other. You are able to recognize that in all activism exists polarity, for activism seeks to pit one judgment against another. It is a beautiful step because it will lift you from Density Consciousness and yet it will bind you in polarity if you do not allow yourself to find the beautiful portal of divine light where you **just keep going**. When you bring your consciousness here, (*the third eye*), when you make your decisions from here, when you see the world from here, that is Ascension Awareness, and you are no longer governed by what the mouth demands or what the nose expects.

You become the divine and your actions are in divine alignment, and when you are able to fully be the presence, to be present in all ways, to know your divine gifts, it is there that you move into star consciousness, and the exploded crown of the Divine Galactic Blueprint opens and spins and Ascension Consciousness is you. It is not something you must find, it is simply something you reclaim, and it is so simple beloveds if you just keep going.

The Breath of Life

Who is dancing in your mouth today? What are you breathing today: the Breath of Life, or the breath of sustaining life? There is a great difference. Can each breath be the Breath of Life? Feel the fluid flow. Visualize the breath as crystalline. Feel the energy of divine love coming into every cell. From here you are the divine portal of all that is. And you are not affected by the bills, you are not affected by the shake-up as they say in the world. If a disruptive letter comes you can smile and you **just keep going**. How soon your life in this form transitions into another form. In that moment, where was your focus? What are you focused on?

Focus your beingness on the divine at all times, be the divine at all times. Let your mouth rest. Let your nose breathe with the choice of the Breath of Life. Lift into Ascension Awareness so that you may indeed effortlessly and joyously dance with this beloved planet now. Avoid dancing **on** it, it has enough, dance **with** it. Love it.

Recognizing Your Power

Touch a tree with gratitude. Wake up with the smile of recognition that you are here. Appreciate the subtle alignments and the glorious serendipities of those who are being brought to you now. Honor all exchanges, even those that you may with the mouth want to condemn. When the mouth seeks to condemn, **just keep going**, and if the mouth sends forth an energy into the world that is not of the divine, then allow yourself to enter into the consciousness that retracts that energy because beloved ones, your power is beyond your comprehension. It would not serve you, nor would it serve us, to offer you any form of information of how powerful you are, because the brain would blow up. (*much laughter*) And perhaps that is not a bad thing.

Yes, and so as the brain allows itself to relax, allow yourself to recognize that in the power that has been fully expanded at this time on this world right now, everything that you focus on right now will find effortless manifestation. Everything.

So, what do you declare? What are you saying? What are you breathing? What are you calling in? Because all of it, everything, is available now in great, great, great response. How beautiful to know that if perhaps in the recognition of this something escapes the lips, or escapes the mouth, or escapes the nose that does not serve the highest, then you have the opportunity to just as quickly reclaim it, transmute it. You have not erred, you have given yourself the opportunity to continue to expand.



WISDOM TEACHER

SRI RAM KAA &

ANGELIC ORACLE

KIRA RAA

We adore you. We have come from so many dimensions to be here. It has taken this vessel almost two years to be able to receive us for this length of time, and to be able to speak to you this way. We still smile largely, in case you were not sure. (*Big smiles from the Benevolent Ones*). **Just keep going.** We Love You and So It Is.

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