

## Embracing an Ascended Life

### A Series of Twelve Energy Transmissions



#### *Message Six*

#### *Igniting Ascension Consciousness:*

#### *Three Steps to Your Divine Heart*

*Through Wisdom Teacher Sri Ram Kaa & Angelic Oracle Kira Raa*

*Delivered at TOSA Ranch, Tijeras, NM*

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#### **Kira Raa shares just prior to the In-soulment:**

Now this is the time of year when more attention is given to the energy of resurrection, when that focus comes forward. Allow yourself to take a moment and feel your ascended heart. The ascended heart is the root of the ascended chakra system, and when we allow ourselves to root center here, the Divine Universe opens. You are already having a perfect life, and you are free to have the most amazing life ever. You are free to have an incredible life, and may you allow that gift to be your resurrection today.

**Sri Ram Kaa shares:** Let us all resurrect our trust, our love and our knowing. All is well.

#### **Archangel Zadkiel Speaks:**

Hello. Yes indeed, we are divinely guided, are we not? Yes! As we are divinely guided, and as we are divinely ready and present, we are indeed all together. Dearest children of the One Beloved Light of all that is and all that has ever been, it is important, no we dare say *imperative*, for you to offer to your divine heart the recognition and the beingness of your own responsible knowing of the Light that you are.

Beloved children, you are living in a sea of goop, are you not?! Yes! (much laughter)

Indeed, and as you move forward out of the sea of goop, it is important to recognize that if you swim in goop...goopy you become. When you invite yourself into the divine recognition of upliftment, when you empower all that is within thee, when you stand witness to your own responsible knowing of the Light that is and that has always been, from there you are as they would say, goop free. Yes.

## Tribal Alignment and Separation Energies

It is a time of great recognition among all tribes of what you call Earth. You have many names for what you call tribes, you have many names for what we offer you in this word now. We use this word now because we see around us so many from different tribes, because we feel many who have identified with tribeship, and yet we invite you to recognize one thing: Is not the recognition of a singular tribal alignment in and of itself a form of separation? Hmmm. We invite you to pay attention to this, because all forms of density seek to impart a separation energy.

Many of you witness this all of the time. Let us give you an example. Have you ever seen a little doggy with separation anxiety? Hmm, yes. It will jump around, it will eat your shoes, it will eat your couch, it will most likely eat your steering wheel if you leave it in the car, because it is filled with the anxiety of being away from the one that it perceives as its source, as its master.

## Integrated Ascension Knowing

Perhaps the energy that you are expressing in this world now is your own form of separation anxiety, acting out because you seek your one divine source. With each alignment, with each refraction, with each separation recognition, you offer to yourself the divine presence, the divine gift of coming forth into reunification and your own Integrated Ascension Knowing.

Now that is a mouthful, is it not? Integrated Ascension Knowing. My goodness, it's I-A-K, it's IAK (Akh! Crowd laughs loudly) Yes, because this is what you may say when you realize you are there. IAK! Yes, and it is important to know this.

## Three Steps to Lighting Up Your Harmonic Heart

So many are so serious. So many in this world now are so very serious all the time. Must be serious, so serious, oh so serious. Dearest beloved children, the greatest gift you have within your own divine beingness now is that which lights up your harmonic heart. You **light up your harmonic heart** through so many beautiful ways, are you using them? Let us count the ways!

**Way #1: A smile.** My goodness. You say oh Zadkiel, this is just so obvious. We say we know, then why are you not doing it? Yes. Each time that you call forth a smile, anytime that you can offer a smile, anytime that you can be in the energy of divine joy, you open up your portal of Divine Love. So perhaps you need a Smile-O-Meter! Yes! How many times a day are you smiling? Get your Smile-O-Meter out. It is important, it is important. Yes, and so this is #1 as we count the ways.

**Way #2: Divine Movement.** Your beautiful bodies love to move. Whether you float in water, whether you walk, whether you move your arms in sacred mudra, whether you run, whether you simply sit and allow the energy to flow, simply notice. Are you moving, or are you in congestion? Do you sit with a rigidity that says I will not change and my way is the only way, period, end of story. Or, can you smile into the divine flow? You see beautiful ones, you flowed into this world, you flow through this world, and you will all flow from this world. There is no beginning, there is no now, there is no end. There is simply the beautiful cycle of divine flow, the rhythmic knowing of all that has ever been.

Feel the divine water of the Universe flow through you. When was the last time that your breath came from divine flow? Every breath, every breath is a gift of movement. Take a deep breath. *Oh thank you dearest Universe for that divine moment.* Yes. Let each breath be the divine movement. Let each smile introduce another divine moment.

And so we count the ways. Way #1, the smile, with the Smile-O-Meter of course. Way #2, divine movement.

You see beloved ones, it is so simple to become rigid in this world, is it not? You build hard structures here, you cut down trees and harvest them, you cut down anything possible on this planet, do you not? And you say, let me build deep structures. Let yourself flow, flow and be. Let your breath be your flow. You do not need to live in a special place, you do not need to believe anything other than you are breathing, and that you can all agree on because you are here. It's an easy yes, is it not? And so we can all agree that you are breathing, and that breath, flow, all help to remove rigidity.

So we count the ways.

**Way #3: Tone.** When was the last time you let yourself really tone? Or do you become rigid and stop the flow and say "not my tone, not my voice, oh my goodness, others may hear!" You see beloved children, your voice, your beautiful beautiful voice, your tone, your soul song is crying to come forward. It says release me, let me come forward now. When you place your hands over what you call the navel, you will find it very accessible to go to the soul song here. For this is the place that helped nourish you into this world, this is the place where you can find the tone of the beingness. Oftentimes, if you are floating in water and you bring your hands to this place, and you allow yourself to just let sound come out, hold this place of deep sounding until every cell, every muscle, every tissue, every ounce of your beingness says yes, I have found it. And then once you have found it, you can not lose it again, no you can't. It is up to you to practice.

So we count the ways, Way #1 was what? (Audience answers "Smile"). Good job, all right. Way #2? (Audience answers "Divine

Movement”). Oh you are so amazingly attentive. It is so good we do not have to remember at all, you can do it for us. Way #3? Let us hear you tone. (Audience tones together). Very good. Yes, now breathe with a smile. You can put all these steps together, and you can even make it a little dance! We step to the right and we move, and we step to the left and smile, we step to the right and we move and we step back to center and go Ahh-Ahh-Ahh. Yes, it is so fun.

Your laughter moves your belly, does it not? Yes. When the laughter moves the belly you are breathing, you are smiling, and you are moving and you are toning, for your laughter is also a great gift, is it not? It is so simple to put these three steps together, they are a divine gift that will move you into the time of your own Ascension Knowing.

## Moving Into Ascension Energies

You see beloved children, as you are in this world now, the energy of separation, those that wish for you to enjoy separation, are indeed offering you great opportunities to align with separation. Are there not many opportunities available for you now? Your consciousness is being constantly bombarded with “listen to me, listen to me, not over here, go over here,” and just when you think you have it all and you are feeling so good, a friend comes up and says no you don’t. Hmm, are they a friend or not?

It is imperative divine beloved ones, in the sea of divine bliss you will open the portal of dimensional recognition that will ignite the ascension energy within thee. Your ascension energy is, has always been, and will always be. It is imperative for you to recognize right now, in this world now, as millions, and yes we use this word intentionally, as millions step into the first wave of their own form of ascension, millions. There are millions more that are activating the opportunity and the recognition of being able to tangibly pay attention, tangibly step into ascension energies between the worlds right now.

We have offered to you many of what you call Ascension Acceleration Experiences. You have known this for many years now, have you not? Ringing in the ears, the headaches, suddenly relocating, saying it makes no sense I’m moving again, and again, and again, and some of you leaving relationships not knowing why, this makes no sense, this is a good person, why would I leave this relationship.

## Recognizing the Illusion

Beloved ones, when can you trust that the Universe is divinely offering you everything you need to be in divine fulfillment now? Today we offer to you the next of what you may call an Ascension symptom. You will see before you this world as literally stopped... Literally stopped. It will be as if your consciousness has become so recognizably understanding that this is the illusion, as if you were in your own film, and so, you stop it. The tree before you will just stop swaying, there will be no noise, and then you will feel your body in rapid acceleration, as if you are going many, many miles per hour. You may even think for a moment you will crash into that stopped tree. This is very true. Then the portal of Divine Love will open around thee as a brilliant flash of white light, and you will know that you have stepped into the moment of divine reunion.

For many of you, you will practice this many times. For many of you, you are already practicing this in your sleep. Many of you are already going to sleep, you close your eyes and say why is it so bright in here, you open your eyes and see that the lights are out, you close your eyes, no they’re not, yes they are, no they’re not, yes they are. Beloved children, the light is always on! You can not get up and flip it off, do not even try, you’ll just get tired. This is one way that you know you are already practicing this.

As you practice more and more, the first time the illusion stops before you, you will be most likely startled. Oh, it happened, oh my goodness, and then the experience may stop. OK. It will happen again and again. You see beloved ones, you are in the rapid time of activation acceleration, and you must pay attention now. Let us go all the way back to what we said in the beginning today, the responsible knowing of your own Ascension Activation is here.

## Claiming Responsibility and Reconnecting with the Light

Dearest children, in this world, one of the greatest, greatest energies that has come forward in these times is the one that says you are not responsible for yourself. You must remember that you are indeed responsible to find your own Light again. You came here to do that. Why are you here? You came here to be the best you that you could ever be! How can you be the best you that you have ever been? By remembering, reconnecting and responsibly calling forth all that you are without fear, without doubt, without hesitation. You see dearest



beloved children, who are you focusing on? Are you pointing your finger at the one right across from you? You hurt me, you damaged me, you, you, you, you, oh my goodness gracious, there is no responsibility in that, there is only pain.

When one cries out against another, they are simply demonstrating a level of pain that they are holding in their heart. Does that not bring you pain to see them in such pain? Beloved children, when is enough pain enough pain? You must ask yourself this, when is it enough? If you seek to point at others, then you are denying yourself the gift of your own divine beingness. You came here, to this world now, to absolutely be the most amazing, brilliant, stunning, open and divine gift of Light that has ever been.

We get the gift of coming through this body, (Kira Raa), and seeing you in that form, as brilliant, stunning and Divine. We offer to you the gift of seeing yourself in that form too. It is why you are here. Everything in your life has conspired to help you be the most beautiful gift that you are. Everything!

If you have had pain, then you should be jumping up and down. Yeah, I have pain! Good. Been there, done that. Yeah, I have been hurt, oh what a gift to remember what that feels like, that I may not ever offer that to another. You see beloved children, everything you have experienced offers you the choice of deciding, where will I place my energy, where will I focus? Where will I go, and how will I bring forth the Divine Light of Love? You are on this planet to really do it well!

If you have had many, many broad and diverse experiences, then you are doing it really well. Congratulations. And when you judge and decide one thing is better than another, or one thing is wrong and one thing is right, you are not focusing on your own divine beingness in that moment. It is important to remember, you are responsible for being the most divine beloved gift that there could ever be. We trust and love you so much, that we simply come to play with you and dance awhile because you are doing such an incredible job!

## Choosing the Ascended Heart

Beloved ones, it is time on your planet now to remember the three steps we offered you earlier, that the greatest gift you can offer yourself and another is your smile, because your smile is your heart. Perhaps it is your smile in that moment that helps someone who's having a bad day, or has just given up on all of the world, to remember that your heart is in the ascended state. And perhaps, when you move, when you're breathing, with each breath you offer to God, you offer to the Universe, you offer to yourself a "Thank You." With each breath your body feels you loving it. With each moment of consciousness, you get the opportunity to call forth I AM DIVINE LIGHT. I AM the Divine Presence and I AM expressing only the Divine Love now. Then, you lift your harmonic tone, your body gets to feel that divine energy, and the world gets to feel once again your knowingness.

You beloved children are the ones that are here to remember. All of you are the ones that are here to remember. How you remember is your beloved choice. As you greet all, will you point your finger, or will you simply turn up your lips and smile? Remember that how you greet another is the energy that you call to yourself. When you send out "I am mad at you, I am angry, you hurt me, you did this," then you bring yourself into a trunk where you lock yourself, bringing that energy back to you, because there's plenty of it around, is there not?

Your world has much energy that has been discharged, so there is much free-floating energy, and you know this. You walk into a room feeling good, and suddenly wonder why you feel so yucky? Because you went goop visiting. Yes. It's easy to go goop visiting. How can you avoid goop visiting? By being in your divine protection of the cocoon of Light at all times called forth by smiling, breathing, toning, remembering, and by knowing you are the gift.

## Releasing the Burden – Stepping into Freedom

You see beloved children, it is not your job to fix anyone else. Hmm. There you go. Burden removed. Yes, you do not need to carry that one anymore. You are not here to fix anyone. They are here to claim themselves, and you are here to claim yourself.

How do you wish to help those around you? Remember who you are! Smile at them, sing with them, move with them, grab their little shoulders and say boogie baby. Yes! As we boogie together, what a ride it will be. When the world around you stops, your consciousness will delight in the recognition that the illusion no longer has power over you, and many of you are already doing this now.



WISDOM TEACHER

SRI RAM KAA & KIRA RAA

ANGELIC ORACLE

Know that your world will give you many chances to point fingers, it will give you many chances to do everything other than focus on you. When you release the burden of having to fix anyone or anything, you are free. Whew! Be free, be joyous, **it's as easy as 1-2-3!** Yes! We love little steps, don't you? Yes, and baby steps are all that it takes.

Perhaps, you just start by creating a Smile-O-Meter. Simply allow yourself to fully align with your Divine gift of being.

**Today I allow myself to realize that everything in my life is divinely perfect, no matter what I have experienced,  
I am so grateful. Thank you.**

**Thank you for the gift of this life because today I am still here.**

**Today I get to breathe one more time.**

**Today I get to see those around me, and today I get to smell the air.**

**Today I get to do and be and feel and know.**

Beloved ones, every moment is a precious gift and we are honored to share it with you. Abundant blessings dear ones, we are complete. To take a question would deny the energy that you are experiencing now. What we encourage you to do is; instead of questioning, perhaps just smile a while. Yes. And so it is beloveds. Many blessings.

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