

Path to the Ascension

(A Spiritual “To-Do List”)

Just a few examples – (not a comprehensive list):

Requirements

- Balance the Threefold Flame
- Balance 100% of Karma – (balance 51% to no longer be required to reincarnate)
- Fulfill one’s Divine Plan / Dharma
- Pass certain Initiations
- Purify the Chakras
- Purify the Four Lower Bodies

<https://encyclopedia.summitlighthouse.org/index.php/Ascension>

Essential Focuses

- **The Three Pillars of Purpose**
 - 1) Self-Perfectionment
 - 2) Service to Life
 - 3) Co-Creating a New World
- **Self-Transcendence**
 - Transform the “Human” into the “Divine”
 - “Spiritual Attainment”, not “Human Attainment”
 - The “Ascension” is only the Beginning, not the End!
- **Three Keys to the Ascension**
 - 1) Purity
 - 2) Discipline
 - 3) Love
- **Two Individual Goals**
 - 1) Self-Realization
 - 2) Self-Mastery

- **One's True Self**
 - Holy Christ Self, I AM Presence, & Causal Body
 - "I AM Awake; I AM Free!"
- **Study & Emulate Loving / Pure / Wise Individuals**
 - Adepts, Gurus, Messengers, Mystics, Prophets, Sages, Saints, Yogis, etc.
 - Ascended Masters
- **Flow with The Great Tao**
 - Balance
 - Harmony
 - Attunement
 - Oneness
- **Oneness with God's Creation**
 - Man
 - Animals
 - Nature
 - Universe
 - Ascended Masters, Angels, Elementals
- **Live in the Eternal Now**
 - The Past, Present, & Future are ONE.
- **The Path & The Destination**
 - The Spiritual Path IS "The Journey", not "The Destination".
 - The Destination is important, but we need The Path to get there.
 - Every Destination reveals Another Path leading to Another Destination.
 - ALL Paths provide unlimited opportunities to focus on *The Three Pillars*.
- **Individuality**
 - Whole, Strong, Independent, Self-Sufficient
 - Personal Responsibility & Self-Discipline
 - Develop & Share unique Gift/s to bless others.
- **Unity**
 - True Brotherhood / Sisterhood
 - Freely & Lovingly work with others to achieve Great Things.
- **The Golden Rule**
 - The most powerful Moral Principle for deeds, but also for thoughts, feelings, & words.
 - EVERY interaction with EVERY individual – (personally & professionally)
- **Jesus' Two Most Important Commandments**
 - 1) "Love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind."
 - 2) "Love thy neighbour as thyself."

- **Seek & Speak the Truth**
 - “And ye shall know the truth, and the truth shall make you free.”
 - Both apply to Oneself & to All of Humanity as a Whole.
 - Truth = *Freedom* . . . Untruth = *Slavery*

Work while ye have the Light!

- Walk “The Path of Initiation” – ask God / Ascended Masters to be Spiritually Tested.
- Balance Personal & Planetary Karma.
- Ask God / Ascended Masters for the “Right Guru” to help on The Path while also focusing on the “Inner Guru” (i.e., Holy Christ Self).
- Purify & Embody the 7 Rays, the 5 Secret / Crystal Rays, & the God-Qualities on the Cosmic Clock.
- Balance, Purify, & Master the Four Lower Bodies (i.e., Etheric, Mental, Emotional, Physical).
- Balance, Blaze, Expand, & Intensify the Threefold Flame within the Heart.
- Healthy Diet
- Regular Exercise
- Study / Pray / Meditate / Breathing Exercises / Sungaze / Fast
- Listen to Spiritual / Classical / Uplifting Music
- Admire Beautiful Art
- Watch Inspirational Movies
- Spend Time Outdoors (e.g., exercising, relaxing, working, etc.)
- Be Determined / Dedicated / Devoted to a Life of Service – to glorify God, help where possible, bring Light & Love into the Earth, establish a Golden Age Civilization, raise Earth to Heaven, and bring Heaven to Earth.