A large, glowing Earth in the sky over a sunset beach with two people in the water.

12 Steps To Oneness

YOUR ASCENSION MAP, COMPASS
AND NAVIGATION SYSTEM ALL IN
ONE

12 Steps To Oneness

12 Steps To Oneness
Sally Sephira

An Ascension Map, Compass and Navigation Tool For All Truth Warriors and
Spiritual Seekers.

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Table Of Contents

Introduction	5
Map, Compass and Navigation Tool For Ascension	7
Map of Ascension	9
Who Am I?	15
12 Steps To Oneness Compass - Transcript	17
The Twelve Levels of Consciousness	19
1D – Dimension One – Physical	21
2D - Dimension 2 – Mental	25
3D - Dimension 3 – Emotional	29
4D - Dimension 4 – Astral	33
5D - Dimension 5 – Etheric	37
6D - Dimension 6 – Celestial	41
7D - Dimension 7 – Planetary	45
8D - Dimension 8 – Galactic Up	49
9D - Dimension 9 – Causal Plane	53
10D - Dimension 10 Universal Divine Masculine	57
11D - Dimension 11 Galactic Divine Feminine	59
12D - Dimension 12 –The Four Directions	62
Navigating the 12 Steps To Oneness	65
Confusion and Overwhelm To Clarity and Oneness	66
Get Clear On Ascension	69
My Experience	71
How I Returned To Oneness	74
The Benefits of the Ascension Map	75

12 Steps To Oneness

The 12 Dimensions of Ascension	77
What is Significant About The 12 Steps?	81
Turning Our Seven Vices Into Seven Virtues	82
Why Raise Your Consciousness To Become At One?	83
Ask And Ye Shall Receive	85
How Do I Raise My Consciousness?	87
Why Join The Webinar?	90
A New Earth Timeline- Nov 2019 Channelled Message From Source	91

Introduction

Due to the rise in consciousness at this time, many people are turning to spiritual solutions to deal with inner cognitive dissonance and calm their nervous system. Practices such as prayer, meditation, yoga and other forms of the mind-body-spirit union give us great benefits and can overcome any negative effects of external world occurrences.

Spiritual practices such as these have been scientifically proven to reduce stress, increase immunity and wellbeing, increase happiness and even provide a sense of bliss or euphoria. If done regularly a person can be completely liberated from fear, and feel a sense of complete freedom and liberation. This is what it means to be 'in Union' or 'At One' with God.

When this state is reached and all obstacles have been overcome, a spiritual practitioner achieves a level of psychic and spiritual protection that allows them to receive miracles and wonders. It is known that in the state of meditative bliss a spiritual master can create his or her own reality and manifest his or her desires just by putting out the request.

In this way, the spiritual master can direct their heightened electromagnetic field within the body to bring abundance, love and peace to themselves and others to live in more peace and harmony. The energy of a meditating practitioner has the ability to expand seven to nine feet outside of their body system positively affecting the world around him or her.

This electromagnetic force is strong enough to totally shift a soul's personal holographic reality. This is why many souls who share this experience become aware of an infinite and omnipotent presence of light and beingness that can only be described as Oneness.

This 12 Step To Oneness Program gives you, the reader a Map, Compass and Navigational Tool to help you remember the Power of YOU, The Power of One, and RETURN TO ONENESS.

12 Steps To Oneness

12 Steps To Oneness



12 STEPS TO ONENESS

Map, Compass and Navigation Tool For Ascension

Welcome to the Water Well of Hope for Truth Warriors and Spiritual Seekers as you journey through your spiritual awakening, transformation and ascension.

Due to the earth's energetic changes, you may be suffering from a mixture of physical symptoms, bewildering thoughts and distorted emotions including overwhelm and confusion. This Map and Compass provide you with an overview of the ascension process so that you can RETURN TO ONENESS. Taking the 12 Steps to Oneness clears old programming, heals distortions and activates the information within your own DNA so that you can find the clarity and peace that you are seeking within. This map acts as a lighthouse in the storm and enables you to come HOME to dry land whenever you feel lost at sea.

The Map can be used as a reminder of the BIG PICTURE to prevent you from falling into a lower consciousness victim mentality, make sense of what you are experiencing and you will be able to plot your experiences onto the map, find the tools of healing and RETURN TO ONENESS.

Download the Map and View the Message from the Christ [HERE](#) and BOOK on the Webinar at the bottom of the page or copy and paste the link below:
<https://www.1111powerofone.com/challenge-page/55c30429-f780-4270-9095-f099a4f80922>

If you do not have access to the internet, the transcript is written in the next section. Lastly, the Navigational Tool helps all souls take the 12 Steps To Oneness.

12 Steps To Oneness

Map of Ascension


RETURN TO ONENESS
MAP OF ASCENSION

■ PERSONALITY MATRIX
 ■ MONAD MATRIX
 ■ SOUL MATRIX
 ■ AVATAR MATRIX
 ■ FLAMES OF SOURCE GOD

CHAKRA	BODY	PRESENTATION	HEALING	ACTION	CONSCIOUSNESS	HARMONIC UNIVERSE	SEED
15 Enlightenment	FIRE CENTRAL SUN	SOLAR RISHI	MEDITATION	ONENESS	FOUNDER FLAME MAGENTA RAY	5	SOURCE VOID
14 Peace	HOLY FATHER ARC	SOLAR RISHI	MEDITATION	RELEASE TIME	FOUNDER FLAME GOLD RAY	5	SOURCE SERAPHIM
13 Joy	HOLY MOTHER ARC	SOLAR RISHI	MEDITATION	RELEASE TIME	FOUNDER FLAME AQUA BLUE RAY	5	SOURCE ELOHIM
12 INTERSTELLAR Love	ELEMENTALS FOUR WINDS	144 HARMONIC AVATAR	HOLY SPIRIT CHRISTOS SOPHIA	AT ONE CODES SCRIPTURES	I AM PROTECTION	4	LYRAN
11 GALACTIC Reason	HARMONIC	BUDDHA AVATAR	SOUND FREQUENCY	RHEMA HOLY SPIRIT SOPHIA	FORGIVENESS WISDOM/LOVE	4	LYRAN
10 UNIVERSAL Acceptance	HARMONIC	CHRIST AVATAR	LIGHT VIBRATION	LOGOS HOLY SPIRIT CHRISTOS	COURAGE POWER/ACTION	4	LYRAN
9 CAUSAL Willingness	CAUSAL PLANE	KUNDALINI AWAKENING	ENERGY HEALING	ENERGETIC MASTERY	CONSCIOUS CREATION	3	ANDROMEDAN
8 SOULSTAR Neutral	GALACTIC	AKASHIC DOWNLOADS	INTEGRATION RELIG. SPIRIT	PROCESSING	MYTHOLOGY RELIGION LL	3	ORION
7 CROWN Courage	PLANATARY	MONAD GROUP	DNA ACTIVATION	CONNECT WITH MONAD GROUP	ASTROLOGY ENERGY READS	3	ARCTURIAN
6 THIRD EYE Pride	CELESTIAL	SUPER CONSCIOUS	DNA HEALING	MEDITATION SURRENDER	LIGHT BODY ACTIVATION	2	SIRIAN
5 THROAT Desire/Anger	ETHERIC	ARCHETYPAL NARC/EMPATH	SUB CON. RE-PROGRAMMING	EMPOWERMENT AFFIRMATIONS	TWIN FLAME BALANCING	2	PLEIADES
4 HEART Grief/Fear	ASTRAL	SUBCONSCIOUS HERO'S JNY	AWARENESS	SPIRITUAL BATTLE	ARMOUR OF GOD	2	FIRE/SATURN
3 SOLAR PLEXUS Apathy	EMOTIONAL	CONSCIOUS VICTIM	EMOTIONAL RE-PROGRAMMING	SELF LOVE EMO. MASTERY	HEART-BRAIN COHERANCE	1	WATER
2 SACRAL Guilt	MENTAL	CONSCIOUS VICTIM	MENTAL RE-PROGRAMMING	MENTAL MASTERY	GUT BRAIN	1	WIND
1 ROOT Shame	PHYSICAL	CONSCIOUS VICTIM	PHYSICAL RE-PROGRAMMING	PHYSICAL MASTERY	SENSE BRAIN	1	EARTH

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As you go through the ascension process, if you take time for self-care and reflection, you will raise your level of consciousness and restore your DNA back to the 12-strand activated Lightbody that has a direct connection to the source. When we have a direct connection to the source we are able to receive what we ask for and all guidance, love and protection is given.

The 12 Dimensional levels relate to the Map of Consciousness from Power Versus Force by Dr David Hawkins, as spiritual ascension relates to levels of consciousness. Reading from the bottom to the top, you follow the path of awakening, transformation, and ascension to a peaceful vibration of oneness. The 12-dimensional levels provide a Map of Ascension and incorporate the higher planes to the 15th dimension. Spiritual ascension relates to levels of personal empowerment, with three higher levels representing the 13th, 14th and 15th dimensions.

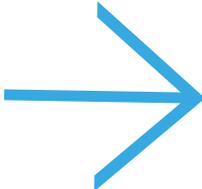
The Map of Ascension also includes the planes of existence, the spiritual presentation, the necessary healing, the action to take and the cosmic consciousness, so you can immediately uncover which level of consciousness you are working with. The 12 levels also relate to the number of strands of DNA that are being activated and the type of healing that is required at each level. It is well known that in order to be able to ascend to the New Earth a spirit body is required to be operating at a place of 5D, having 5 strands of DNA activated. This means that each individual is being asked to actively raise their consciousness from one of slavery, power-over templates, suffering and death templates to the true divine knowledge of freedom and infinity.

At this time many souls are experiencing spiritual awakening experiences which include awakening to the supernatural, meeting a 'twin flame' or mirror soul, having kundalini energy rising in their bodies and experiencing synchronicity such as repeated numbers or having something that they were thinking about happen. These are stages that a soul is required to pass through in order to merge with and heal the negative polarity of their soul, this information will not be found in mainstream news, but can all be explained by spiritually ascended masters that have downloaded the information from the infinite mind of source to share with others.

12 Steps To Oneness

This overcomes all confusion and feelings of being 'stuck' and provides you with a water well of HOPE that you can refer to in darker times to keep you flowing in the right direction and help you to RETURN TO ONENESS. This light-channelled information will provide you with a compass and a sense of direction so that you can immediately discover where you are in your spiritual ascension process. Here are some examples below, the merging of the mirror soul, or 'twin flame' happens at dimension five or '5D', we learn how to consciously create and manifest what we want or need at dimension nine (9D); the causal plane, and we arrive at a place of Oneness when we have become at One with the 'Father' at 12D. There are dimensions beyond this but for the purposes of this shift of the age, we are focused on clearing, healing and activating these 12 strands of DNA to shift into a new holographic reality. Anyone who overcomes their spiritual battle, acts in courage and faith and knows death to be an illusion and themselves to be an eternal being of light will go forward to experience the New Earth after this life experience.

'Twin Flame' Merge 5D

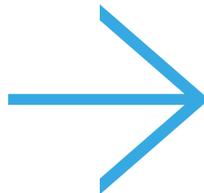


RETURN TO ONENESS MAP OF ASCENSION							
PROFOUND FEELINGS	EMOTIONAL	OUR HEARTS	ACTIVATING	TRANSFORMING	EMOTIONAL	TRANSFORMING	EMOTIONAL
1. 1D	1D	1D	1D	1D	1D	1D	1D
2. 2D	2D	2D	2D	2D	2D	2D	2D
3. 3D	3D	3D	3D	3D	3D	3D	3D
4. 4D	4D	4D	4D	4D	4D	4D	4D
5. 5D	5D	5D	5D	5D	5D	5D	5D
6. 6D	6D	6D	6D	6D	6D	6D	6D
7. 7D	7D	7D	7D	7D	7D	7D	7D
8. 8D	8D	8D	8D	8D	8D	8D	8D
9. 9D	9D	9D	9D	9D	9D	9D	9D
10. 10D	10D	10D	10D	10D	10D	10D	10D
11. 11D	11D	11D	11D	11D	11D	11D	11D
12. 12D	12D	12D	12D	12D	12D	12D	12D

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12 Steps To Oneness

Conscious Creation 9D



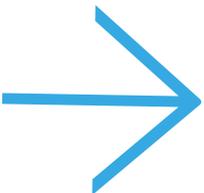
**RETURN TO ONENESS
MAP OF ASCENSION**

■ VIBRATIONAL FREQUENCY
 ■ MENTAL FREQUENCY
 ■ SOUL FREQUENCY
 ■ SPIRITUAL FREQUENCY
 ■ UNIVERSAL FREQUENCY

STEP	CONCEPT	EMOTION	FEELING	THOUGHT	DEED	ENERGY	LEVEL OF ASCENSION
1	CONSCIOUSNESS	LOVE	TRUTH	WISDOM	POWER	100%	100%
2	UNIVERSAL FREQUENCY	LOVE	TRUTH	WISDOM	POWER	90%	90%
3	UNIVERSAL FREQUENCY	LOVE	TRUTH	WISDOM	POWER	80%	80%
4	UNIVERSAL FREQUENCY	LOVE	TRUTH	WISDOM	POWER	70%	70%
5	UNIVERSAL FREQUENCY	LOVE	TRUTH	WISDOM	POWER	60%	60%
6	UNIVERSAL FREQUENCY	LOVE	TRUTH	WISDOM	POWER	50%	50%
7	UNIVERSAL FREQUENCY	LOVE	TRUTH	WISDOM	POWER	40%	40%
8	UNIVERSAL FREQUENCY	LOVE	TRUTH	WISDOM	POWER	30%	30%
9	UNIVERSAL FREQUENCY	LOVE	TRUTH	WISDOM	POWER	20%	20%
10	UNIVERSAL FREQUENCY	LOVE	TRUTH	WISDOM	POWER	10%	10%
11	UNIVERSAL FREQUENCY	LOVE	TRUTH	WISDOM	POWER	0%	0%
12	UNIVERSAL FREQUENCY	LOVE	TRUTH	WISDOM	POWER	0%	0%

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Oneness 12D



**RETURN TO ONENESS
MAP OF ASCENSION**

■ VIBRATIONAL FREQUENCY
 ■ MENTAL FREQUENCY
 ■ SOUL FREQUENCY
 ■ SPIRITUAL FREQUENCY
 ■ UNIVERSAL FREQUENCY

STEP	CONCEPT	EMOTION	FEELING	THOUGHT	DEED	ENERGY	LEVEL OF ASCENSION
1	CONSCIOUSNESS	LOVE	TRUTH	WISDOM	POWER	100%	100%
2	UNIVERSAL FREQUENCY	LOVE	TRUTH	WISDOM	POWER	90%	90%
3	UNIVERSAL FREQUENCY	LOVE	TRUTH	WISDOM	POWER	80%	80%
4	UNIVERSAL FREQUENCY	LOVE	TRUTH	WISDOM	POWER	70%	70%
5	UNIVERSAL FREQUENCY	LOVE	TRUTH	WISDOM	POWER	60%	60%
6	UNIVERSAL FREQUENCY	LOVE	TRUTH	WISDOM	POWER	50%	50%
7	UNIVERSAL FREQUENCY	LOVE	TRUTH	WISDOM	POWER	40%	40%
8	UNIVERSAL FREQUENCY	LOVE	TRUTH	WISDOM	POWER	30%	30%
9	UNIVERSAL FREQUENCY	LOVE	TRUTH	WISDOM	POWER	20%	20%
10	UNIVERSAL FREQUENCY	LOVE	TRUTH	WISDOM	POWER	10%	10%
11	UNIVERSAL FREQUENCY	LOVE	TRUTH	WISDOM	POWER	0%	0%
12	UNIVERSAL FREQUENCY	LOVE	TRUTH	WISDOM	POWER	0%	0%

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12 Steps To Oneness

Returning to Oneness awakens alignment with your soul's guidance within. The Light has provided a Map of Ascension and a channelled 'Compass' to help you navigate your hero's journey home to the heart. With these tools of ascension, you can clear all other world programs and awaken the Light (information) with you. Learn how to navigate your spiritual awakening, transformation and ascension so that once you have mastered the transformation of the physical, mental, and emotional bodies you will be prepared for your 'calling' into the spiritual realm. Souls who are called into spiritual awakening without mastering the foundation do struggle with the expansion in consciousness, without faith, trust and an ability to overcome fear it can feel like you are literally walking through fire, so preparation is advised. Your soul's awakening is akin to a hero's journey which helps you clear karma from past lives and the present life so that you can be in union with your soul and embody unconditional love and abundance in the physical realm as well as the higher realms. This is a process of clearing, healing and activating the Lightbody through the gut, heart and third eye to create the Lightbody, otherwise known as the 'garment of light' or 'seven lampstand'.



12 Steps To Oneness

Who Am I?

Can you remember a long time ago
When you locked up your home and buried it low
Under 12 layers of dust and clay
Then hid the key and walked away?
Well, now it is time for your home to be found
To remove the 12 layers with the key of sound
Unlock the secrets to your destiny
To release inner wisdom powerfully
Secrets that show you the meaning of life
And your true role here without the strife
I AM that key that unlocks the code
So allow me to lead you to your loving abode.

Who Am I?

I Am the Light

And I have provided a map to give sight
Of the way forward to help with your quest
As you walk the 12 steps North, South, East and West
To Oneness and Freedom to set your soul free
I AM the LIGHT and I AM the KEY
Beneath the 12 layers you will find me
Now it is time to make your return
Follow my compass, many secrets you'll learn
It takes logic and courage to follow my way
But open the heart and ask me to stay
Let us work together to build something new
As you start to shine light shines back at you
So recover your light, map, compass and key
And walk your ascension with clarity
No more confusion no more distress
Place your hand on your heart and unlock the rest.

12 Steps To Oneness

12 Steps To Oneness



12 Steps To Oneness Compass - Transcript

Come closer and listen as my words whisper truths into your soul. As you read through these words, pay attention to your responses, the intuitive feelings in your abdominal area, how connected you feel to the scribe and how the song of this scroll resonates with your frequency. It is true that I can only speak to the level of another one's comprehension, so stay close and be attentive and I shall speak through the heart of things, so that you shall fully grasp the meaning behind these words.

It is my intention to bring this forward now at this time of great change in the world, so that you might learn to find a better way to respond to the events around you. Take heed of the warnings and become clear so that you may find new ways to navigate the times with grace and ease. You are weary from the storm, so come inside, take off your coat and rest awhile in front of the hearth, for within the warm glow of the fire, is where you will find the true etchings of your soul.

You may have spent a long time seeking information to find some respite from the chaos that is going on within you right now, I come to offer clarity at a time when so many are seeking relief from their pain and suffering. I am here as a lighthouse in the dark, a companion with a hot drink and a blanket to wrap around your tender soul. I come to you with a gift of love and hold you close until you learn to breathe again on your own. I know how it feels to be abandoned and lost without hope, tired and weary from the fight. I want you to know, that I am with you.

12 Steps To Oneness

Many of you have entered into a spiritual war without realising that you have walked through that door, I am sorry that you are going through such a difficult time. I would like to extend my hand in support as a life raft to aid your recovery back to dry land. For many of you, it has been a long and arduous fight and I do not doubt that you have lost many friends and companions along the way, this road can be testing as the trials come daily. It can be a confusing time, you are learning a new path, navigating in a new direction without a map or a compass. I am here to help, I can offer you refuge, I can offer you care, support and guidance through the storm. So rest in me and I shall lead you home because it is not that far, you just have to remember where to find me.

*I AM LIGHT, SEEK ME FOR I AM
WITHIN YOU, I AM WITHIN YOU.*

— *The Light Within You*

12 Steps To Oneness



The Twelve Levels of Consciousness

I am here to teach you about the twelve levels of consciousness which lead you back to the One, they do not all have to be cleared at this time, but this will act as a guide for you, to aid your understanding and provide a greater depth of awareness of the different fields that are available for you to discover. My word of light is within each individual and I will direct a soul to this information at the right time in the right way.

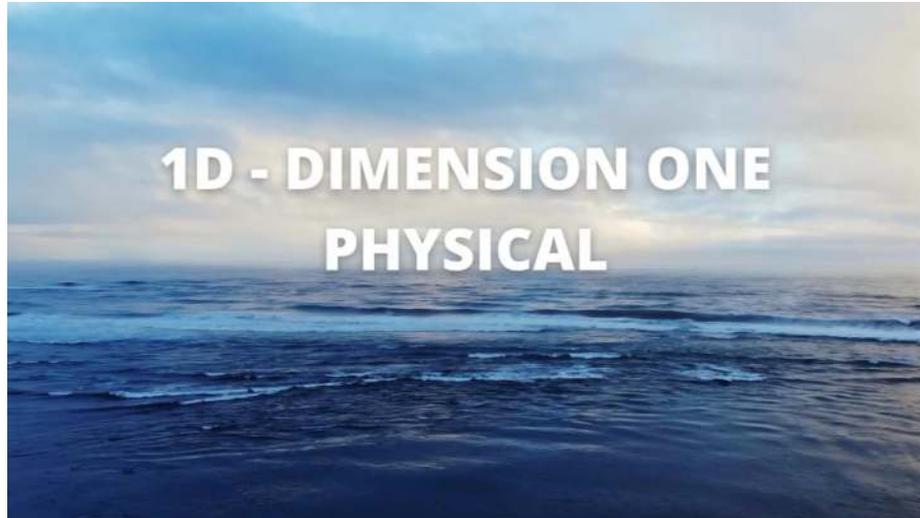
Once you are on this path of expanding into the light, you will naturally embrace this information that is written on your scroll without fear as you will be guided by my hand. I will be here within you so that you can ask me any time for the answers to problems or questions that you have. Become aware of how I work, I show myself to you in many ways, I AM the light, I AM in everything you see, indeed I AM everything you see. So you see, it is not that hard to find me once you know where to look, as I said, I AM everything. So let us begin the work. Ascending The Twelve Dimensions.

Firstly, I am here to encourage you and not chastise you, I know that life on this level has been hard and this trial that you are facing is not easy, I am walking with you through this storm, so do not be afraid and listen for my voice, I am here for you, I am your friend on this journey, you can put your trust in me.

12 Steps To Oneness

On a dark night, one reaches for a lantern or a torch, it helps us to see more clearly, I want you to know, that is what I am to you, I will shine light into all your dark areas so that you can see with clarity what it is that needs to be removed from your life, what obstacles can be overcome with courage and how to face the advancing storm with a heart of ease so that all will glide straight past you, like an effortless wind. You shall stand strong with me by your side, because I will protect you, no harm will come to you when you keep me close. I am the LIGHT that guides you, I will not let you fall.

You have entered a new vortex, this is a realm of mystery, it is a place of surprises where events that you cannot comprehend take place. Many things will baffle you, much of what goes on around cannot be understood by the mind and that is why I am here at this time, to help you navigate through this strange land so that you can find your way back to me, your light. I AM always in the centre of everything, when you navigate your path, choose to set your compass towards your chest, not your head, go within your own body and you will find all the answers you seek. I will meet you there.



1D – Dimension One – Physical

Let us start with the physical body, this vessel that you came here with. You have been blessed to use arms and legs, feet and hands that have been of service to you, but did you ever stop to thank them? I would like you to take one moment to honour your feet and hands now, I would like you to address them with new sight, look at all that they have been through, and understand the challenges that they have overcome. You see, your hands and feet are what you are to me. I AM the light and you are an extension of me, so in that way, you are working for me as you go through the world, even if you do not know it. So I would like to thank you, for being my hands and feet, for bringing light into other people's lives even when it was hard for you and if you do not feel that you have done so, then please forgive yourself now.

I do not expect you to be a shining beacon if you are only just keeping your head above water, once you understand the truth of the light and begin to receive it on a regular basis, it becomes easier and indeed natural to share this light with others. So when we speak of the physical body, you have been somewhat of a victim, held hostage by its limiting capabilities. You do not have the ability to fly or to teleport, you are unable to see with birds eye vision, and you have limited senses in your human form, so, of course, it has been difficult.

12 Steps To Oneness

But, those that overcome this level of limitation and use their body in the service of the good of themselves and others have mastered the limitations and feel no shame. The temple is to be respected and honoured, it is a vessel to be mastered, a well-oiled machine that runs efficiently, but I understand the pressures of this realm and if the body has been neglected or abused, now is the time to make peace with it.

The body is your connection with the earth, it is your home and place of safety, it is the one place that you can retreat from the outside world, you must be at peace with it, because it is part of who you are and as a part of you, it is also a part of me, I AM the LIGHT. So please, gently take your arms and wrap them around yourself now, hold yourself tight and thank your body for being there and providing you with the support and the strength to get you through this thing called life. Tell your body now that you love and forgive it, promise your body that you will be respectful towards it, that you will speak kind words to it, that you will thank it for its service to you and others. Do not neglect your body as it has feelings within each cell, it hears what you think about it and it carries those beliefs within it. So speak goodness over your body and your body will provide goodness back to you.

Your body holds information that is stored in each organ, when you listen to your body it will speak to you, it will tell you when it is tired, listen to it, it will tell you when it is hungry, listen to it, it will tell you when it has had enough, listen to it. Even if you cannot change anything right at that moment, acknowledge the messages that it is giving you, be in tune with your body and you will hear more and more about the inner truths of your inner world. Your body has senses, it is very knowledgeable about things that your mind does not know, it is time to learn how to tune into it now. Everything starts in the body, you must commune with your body to commune with your mind, so care for your body and your emotions will respond to that. Anything that feels dark or heavy can be let go of through the root that you create at this level, anchoring into the element of earth will provide you with a strong foundation for this journey to come.

12 Steps To Oneness

When you do all these things, you will clear the energy of shame and limitation from your physical vessel, you will feel safe in your own skin, your level of confidence will increase and you will feel secure with who you are, as a vessel of light. Remember that LIGHT is found within because intuition is held in the senses. Take your body through its full range of motion every day, speed up the heart, energise the lungs, honour each organ and cell, and be an energy creator to energise the space inside and around you. Physical healing comes when we are at peace, so state this intention towards your body now; "I am sorry, please forgive me, I love you, thank you. I AM at peace with my body". Repeat this phrase every morning on rising, your body will smile in response. When you do this repeatedly, your body will love you as much as you love your body and together you will RETURN TO ONENESS.

"I am sorry, please forgive me, I love you, thank you. I AM at peace with my body".

— *The Light Within You*

12 Steps To Oneness



2D - Dimension 2 – Mental

The winds of change that occur inside of your mind are your drifting thoughts which can lead to life or death. When the mind is confused it seeks answers and in the fog of the search becomes weary and distracted. I will be your guide and your solid foundation on which you can depend when your mind can no longer find the answers that it seeks. I am the light within you and many look to me to be the foundation or the bedrock on which you place your trust when you face uncertainty or confusion. I can clear that overwhelm and set you back on a straight path, one that does not harm your heart or the heart of others. I am the healer of the mind, I bring your thoughts to fresh springs and waters of hope instead of the stormy tides that recycle the same muddy waters time and time again. There is no healing in the pain of suffering, there is no freedom in the story of lack, yet I say to you; 'look up', for a higher perspective can be found right where you are.

The mind can play games with the heart of man, it can turn one on oneself or cause one to become something that one was not. The mind can make one believe that one is incapable, not worthy, non-deserving, ashamed, guilty or sad. The mind has a whole gamut of characters that it plays according to what it believes, usually, there is a payoff or a benefit of perceiving from these lower perspectives.

12 Steps To Oneness

I say there is no point in playing these games of victimhood, you will be what you believe yourself to be and in so doing, become what you imagine. Why not then remove all that you are not so that you re-discover the true soul that you are? Rewrite yourself a new script using the LIGHT within you and come home to your own soul.

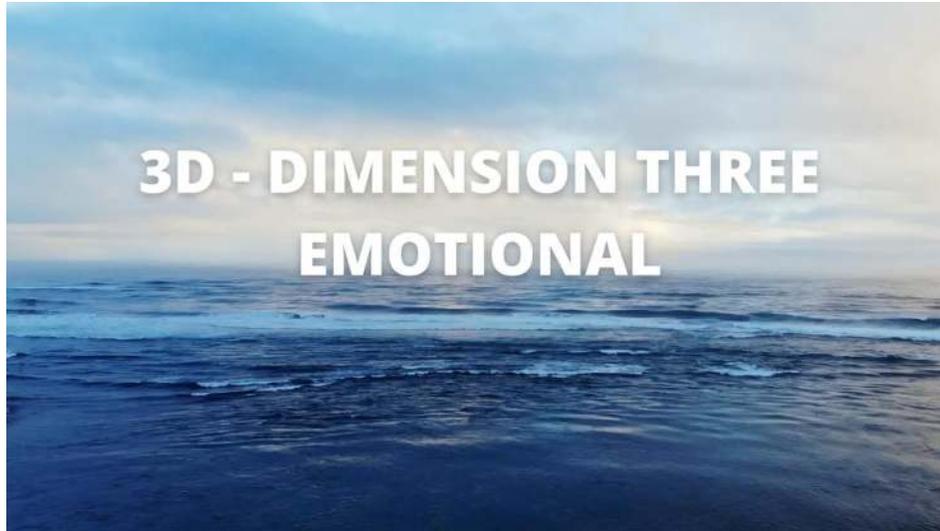
When the old mental ways no longer work, you will seek for fresh ways to be, more enlivened and focussed on fun and joy, do not get left behind in this search for the truth within the mind, for it is but a moments decision to become what you believe you can be. I ask you now to be aware of the mind, see it as a character playing a part in your head, speak with it and ask who it is being, at every moment be aware of what part it is playing. Create a scene with these voices and have an inner conversation, allow the LIGHT to question the character of the mind and ask; "What is it that is bothering you?"

The mental mind will trick you into thinking that it cannot deal with the problem that you face, when all around is confusion and overwhelm and the mind has no more solutions, rest back in the infinite mind of LIGHT as it always knows better. Reach down into the sacral centre of your body, into your abdomen, this is the place of your intuitive mind. Find the light in this place, it will teach you the truths of your soul and give rest to your mental mind. Enlightenment means to embody LIGHT mentally. Mental healing comes when we are at peace, so state this intention towards your mind now; "I am sorry, please forgive me, I love you, thank you. I AM at peace with my mind". Repeat this phrase every morning on rising, your mind will smile in response. Remember that LIGHT is found within because intuition is held in the gut-brain. Every truth of your real self is held within, so come back home to the LIGHT and RETURN TO ONENESS.

"I am sorry, please forgive me, I love you, thank you. I AM at peace with my mind".

— *The Light Within You*

12 Steps To Oneness



3D - Dimension 3 – Emotional

The watery nature of the emotions can ebb and flow as you are battered by the tide of time. The waters of awakening can be like stormy seas crashing onto the land and as you pass through these times of change, many are washed out to the cold and dark depths of the ocean without a lighthouse in sight. Many of you have been spluttering and choking as you attempt to tread water with waves, panicked by the thought of endless struggle. I am here to be your lifeboat, to lift you out of the waters and move you to gentler tides. I take you to a place of grounding, where your energy can be released and your energy centres neutralised. This is what it means to release all burdens and surrender your troubles to me.

I wish for you to become intimate with each part of yourself, the parts that suffer and feel lack and the parts that experience joy. I want you to understand that it is a choice to be living in the states of life as opposed to the state of death and all those who choose life will live abundantly. It does take time to tune into the voice of the pain which has been embodied for millions of years on the soul, yet it is being done as we speak. Past limitations and false beliefs will come up to be seen and I shall remove them with a swift hand, I no more wish you to suffer the strife of believing the lie that you are lacking, unworthy or limited. I am the light and I will shine on the dark areas of your feelings so that you see clearly what has held you back from expressing the fullest and clearest parts of your true self.

12 Steps To Oneness

I wish for you to know that there is a place beyond space and time where I can take you that is protected from the harassment of this thief...

Imagine yourself now being lifted onto a large feather, it encompasses you and holds you safe. The feather begins to lift and as it does you peer downwards and observe the ground beneath you falling away. The feather keeps rising as it is light and defies the laws of gravity, it takes you over hills and mountains and drifts over lakes and rivers, you are aware of the birds of the air, you notice how they do not care for time, they are merely responding to the winds and the earth with acceptance of whatever comes. The feather drifts slowly down next to an iridescent lake which invites you into its cool depths on this beautiful warm day. As you enter the water, radiant light shines through and purifies every part of your being, you feel refreshed and alive with energy. Safely immersed you find a shallow area where you are able to sit as you glide your arms and legs through the pool, your whole body is being activated by this cleansing light, the sound of the ripples are gentle as the flow moves with your body...

— *The Light*

I take you on these intimate journeys so that you might love each part of your being that is fallen or broken. I want you to understand that what you feel is 'normal', is actually a distortion and not the truth of who you are in me. You are not lost, you are not confused, you are not overwhelmed, when you sit with me and seek to understand this voice of sadness and pain rather than judge it harshly. You will remember how to empower yourself through love and ease rather than through force of behaviour change.

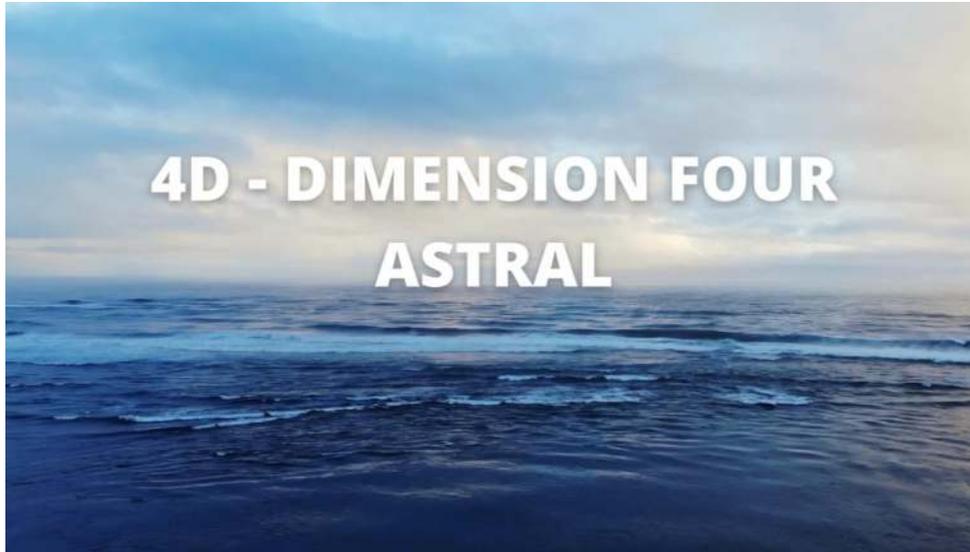
12 Steps To Oneness

The boat that I provide will be sealed and safe, a place to sit back with ease to rest, breathe and heal. Emotional healing comes when we are at peace, so state this intention towards your emotional body now; "I am sorry, please forgive me, I love you, thank you. I AM at peace with my emotions". Repeat this phrase every morning on rising, your body will smile in response, when you do this repeatedly, your emotions will love you as much as you love your emotions. Remember that LIGHT is found within because intuition is held in the gut-brain. Every truth of your real self is held within, so come back home to the LIGHT and RETURN TO ONENESS.

"I am sorry, please forgive me, I love you, thank you. I AM at peace with my emotions".

— *The Light Within. You*

12 Steps To Oneness



4D - Dimension 4 – Astral

Take some time to rest here for one moment, for the work that you have done, has cleared the way for a new world to be opened up to you. This level is known as the hero's journey and shines a light on all things previously unseen and unheard.

This journey into the underworld, or the subconscious, holds many insights for your personal growth and this path will help you to develop the logic, heart, courage and strength that you will require to create a solid foundation for further unlocking of the seals. As uncomfortable as it may be to enter into this dimension of facing fears, it holds many opportunities to overcome the dragons and beasts of the subconscious mind. When you have broken through the light and sound barrier of the first three energy centres within your energetic body and raised your frequency enough to clear this subconscious realm, your supernatural powers will be restored. You must draw on the physical, mental and emotional strength and positivity that you have created and hold yourself in confident authority over the enemy of your soul; negativity will lead you to the death of darkness whereas positivity takes you into the light of life.

12 Steps To Oneness

For many, the spiritual battle can be like entering into a storm for it is in this place that your world can literally be turned upside down as you learn that every limiting belief and wound held in the underbelly of your subconsciousness creates consequences in your life. It always did, you were just not aware of it and now it is happening at a faster pace and you are becoming aware of it. Do not fear this coming transition as all change is happening for the good of your soul, as you learn and take responsibility, everything that is not fully true and loving, shall now fall away whilst everything that is good and fulfilling will begin to arise in your consciousness.

As the light, I come to clear out the darkness within your very being, so be aware that all untruths will show themselves to you, they will knock louder and louder at the door to your heart with increasing intensity and discomfort until you decide to open to the call and listen attentively to the needs of your inner being and make the positive changes. No lies can survive in this place, they will be battled and overcome so always go with what feels like love for you at the soonest opportunity, as fear will only increase the darkness.

Many who have walked this path perceive this road as hard testing and fear spiritual trickery, yet it is what comes up within you to be seen that is causing the pain and confusion, all that which is not in the vibration of my light and the love of your own soul will fall away and this is as it should be. If you are following a life that respects your own soul, with love for others and the earth, you will find this path easy, for all I ask is reverence to the one that is known as LOVE.

Surrender to the path of love and you will find that whatever comes up to be seen can be overcome with the strength of the heart. Remember, it is a clear choice, to run in fear or, to acknowledge, accept and allow with love and to let go of what no longer resonates with the beating of your heart. As you reach deep into the belly of the beast, you will find a guide to assist you, spiritual weapons to protect you, many treasures within you that you were unaware of, gifts and talents will begin to arise and those who appeared to have power over you will shrink back as you claim your courageous victory over the battle.

12 Steps To Oneness

Spiritual healing comes when we are at peace, so state this intention towards your spirit now; "I am sorry, please forgive me, I love you, thank you. I AM at peace with my spirit". Repeat this phrase every morning on rising, your spirit will smile in response. Remember that LIGHT is found within when all blocks are released from your subconscious. Every truth of your real self is held beyond the lock on your heart, so to find the key, come back to me, your home in the LIGHT and RETURN TO ONENESS.

"I am sorry, please forgive me, I love you, thank you. I AM at peace with my spirit".

— *The Light Within You*

12 Steps To Oneness



5D - Dimension 5 – Etheric

This ethereal realm holds many surprises for those initiated to enter. The removal of your fifth seal will open you up to the spiritual truths of your own mirrored soul that calls you home. Be aware that this is your own projection and has been with you all of your life, but perhaps you did not have the spiritual eyes or ears to perceive this truth. Many who have not created a strong foundation in the previous four levels will lose themselves in this process if they do not prepare.

Many fall, yet many rise. I show you the way to navigate this journey of synchronicity so that you can prepare your four pillars and hold yourself strong in this process. You will become aware of greater sentience as you feel the feelings and hear the voices of others. You may attract a mirror soul known as a 'twin flame' to help you learn lessons of surrendering control over others and surrendering addiction to external validation. Both of these distortions are related to your resistance to the resources that are available to you through me; the light within you. You will also be aware of assistance from the other side of the veil by way of a mystical guide giving you nudges on the most helpful action to take in navigating this realm.

12 Steps To Oneness

It is important to remain curious as to what is happening within your subtle body as the truths that are being unveiled will help you to navigate this path. You will become aware of your higher senses of feeling and sensing what is true and right. What you see on the earthly plane is not necessarily the truth of what is occurring in the higher realms, you will be aware of the voice of the soul and have the ability to read through the lies of others. Remember that 'others' are also you, therefore hold forgiveness and understanding in your heart and seek the deeper truths. When you learn why you hold judgement of 'others' it is easier to let go of your resistance and find ways of seeing beyond the illusion. The relationship of the twin flames will show you how close or how far away you are from the truth of your own soul, there can be no lies when you can read between the lines.

You will see outside of you a projection of the energy within you, therefore this is a level of becoming aware of the wounds of the masculine and feminine aspects of your own soul, to purify the soul means to come into union with love and non-judgment. You will be shown every judgement that you hold against the smallest of things; your own body, attributes of others, material items, even foods that you once decided were 'evil'. Everything comes up to show you what you are resisting, where there is a level of resistance there is an equal level of attraction, when you push away things you do not like they will show up until you let the resistance go. Therefore, the etheric realm is a level of surprise and awe as you work with synchronicity, telepathy and inner knowing, but it is also a level of pain and confusion where you learn about how far away you are from the truth of the unconditional love of your soul. You will be asked to return home and centre within yourself, learning to give and receive in equal balance and surrender the control and judgement of others.

Any form of running from the light of your own soul will show up on the physical plane. The more you run from me, the more love will run from you, for I am your truth and when you are seated firmly in my hand, all things shall come to you. So nestle in my love and stay there where I can nurture you for a time, times and half a time and I shall heal you of all your inconsistencies.

12 Steps To Oneness

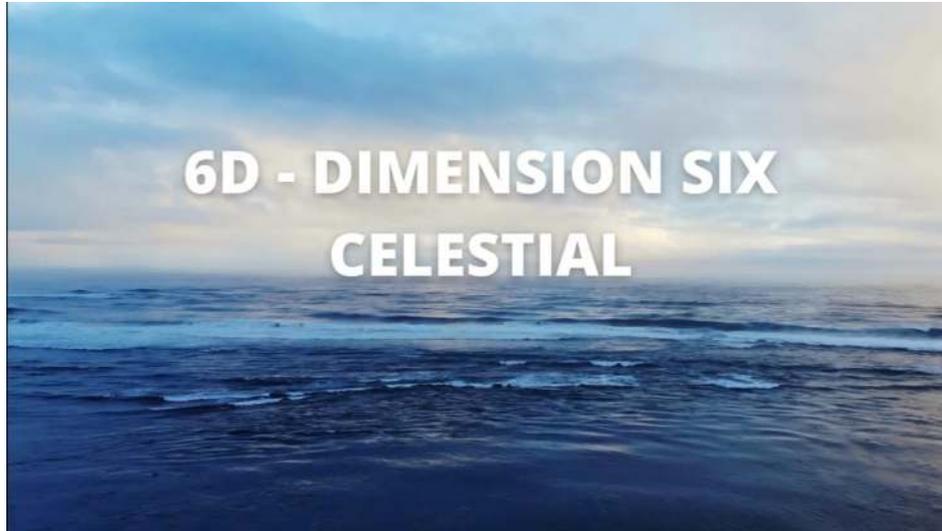
Anything that no longer feels loving or kind will fall away when you hold yourself fully in my light, until then, I will show you how to stand tall in your own power and strength and give you the courage to let go of what no longer serves you or me. Do not concern yourself with chasing another on the physical plane, when you are at one with me, love will be at one with you in all areas of your life. At this level, you will learn to stand up and speak your truth with love and deal with any behaviours of others that you know are inconsistent with your soul. Hold yourself in high regard and respect and know that in time, these wounds will heal, those who truly love you will return when you are fully healed.

Etheric healing comes when we can forgive, so state this intention towards all beings now; "I am sorry, please forgive me, I love you, thank you. I AM at peace with all beings". Repeat this phrase every morning on rising, and all beings will smile in response. Remember that LIGHT is found within when all blocks are released from your etheric layer. Every truth of your real self is projected in the words and actions of 'others', so release the judgments, forgive and send everything back to the LIGHT and RETURN TO ONENESS.

"I am sorry, please forgive me, I love you, thank you. I AM at peace with all beings".

— *The Light Within You*

12 Steps To Oneness



6D - Dimension 6 – Celestial

For transformation, single-eyed focus is necessary for change. I ask you to come in to see me, the light within, on a daily basis so that you can become used to your inner world. I shall gift you with an angelic guide who will come to you when you are deeply relaxed. This world of energy and flow is like an underground tube station, you are unaware of it unless you descend the steps. So you have to enter within the energetic grid of the brain and body to understand the connectedness and flow of the masculine and feminine energetic lines within you. This is the area of all healing and all masters come to this place for every expansion of their garment of light known as the Lightbody. They are asked to sit and observe and become aware of every nuance, every foretelling, every story of old that comes up within their system, for here all information is stored. indeed, I am that information that you seek, I am the light.

Many seek within and yet they create a world of fantasy, they have an inner world of witches and demons and goblins that come at them with fire and an onslaught of angry words. Why is this? Because the darkness that has been kept hidden, secretly locked away in the dungeons of these energetic centres hold the mysteries of the past and the visions of the future. You are in fact a living library and when you visit my realm of light I shall show you the stories that you have been housing.

12 Steps To Oneness

The pathways and corridors appear dusty and some are blocked entirely with old caskets and dirty laundry. I help you to tidy up this vista so that you are able to move more freely around this space and reconnect rooms where before there was only neglect. You are a celestial being who has been buried under years of darkness, it is time to remember who you are.

A book cannot tell its story if there is no one to read it, so why not venture in and discover the tales that give so much meaning to the soul's journey during this lifecycle of time? To access every piece of information in your being, you will need to activate each energy centre and connect them, to create a pillar of light. However, this takes time and discipleship, so at this stage, you can access the light of your own inner eye to seek the truth about the health of your energetic body. Focus on drawing up the energy from the root and bring it through the sacrum, solar plexus, heart and throat and come into the third eye, circulating this energy around, clearing each station as you go. You will get a feel for what is and is not in alignment and the health of each energy centre or wheel. As you remove the darkness and bring in more light, you will be able to see more clearly and your third-eye vision will become clearer. You can use sound tones to assist in the clearing of your energetic body, it is a work of singlemindedness and requires your undivided attention.

You are activating the light body within you; the energy meridian lines; the superhighway of connected flow. When you bring this back online, your centre of power will be infused with the light of the central sun and you will be a self-sufficient powerhouse. But all things return in stages, so look up but do not rush, for once you begin this journey, it is inevitable that you will succeed once you have activated my light within you. Stay close to me with prayer, meditation, surrender and humility, I ask for an open hand and an open heart for I cannot work within you if you refuse to work with me. I am the Light. Celestial healing comes when you learn to surrender, so state this intention towards all the Light now; "I am sorry, please forgive me, I love you, thank you. I AM at peace with the Light".

12 Steps To Oneness

Repeat this phrase every morning on rising, and the Light will smile in response. Remember that LIGHT can work within you when you hold space and surrender, all dark corridors will be cleansed by my celestial presence, so surrender, forgive and love me, the LIGHT within, and then you will RETURN TO ONENESS.

"I am sorry, please forgive me, I love you, thank you. I AM at peace with the Light".

— *The Light Within You*

12 Steps To Oneness



7D - Dimension 7 – Planetary

This is the level of magic and mystery, as you begin to become aware of an energetic grid beyond the inner workings of your body. As your personal energetic field is strengthened and expanded, your energy will merge with those around you who are vibrating at the same frequency or octave that you are sounding. Think of yourselves like whales in the ocean calling out to one another, for years you have been separated and have forgotten your soul monad group, but now all aspects of your original soul expression are returning. You will feel your soul calling you to visit places that are energetic power points on the earth in accordance with the original grid lines of energy which are what maintain the geosphere. As all corruption within your own energetic body heals, this is reflected in the energetic centres of the earth and all lines of energy that have been somewhat syphoned will be reconnected with and redirected towards those who have activated light bodies.

You will remember at this time the magic of the stars and planets that rule the earth's electromagnetic pull, and because you are at one with the earth system, you will also feel these changing dynamics take place in your system. It is not until you connect with the power of the sun at level twelve, that you will hold all power over these external powers.

12 Steps To Oneness

However, this is a time for exploration for the Light is held within every living being and system of the earth. The land will inform you of its past and its future possibilities and you will sense, hear and see in visions things that went on in previous times. In listening to this consciousness and holding reverence for earth and all she has been through, you will restore the light within the grid and release the wounds of the earth.

You will be drawn to sacred sites and begin to understand how these are connected with the earth grid, planets and stars, the earth will come alive with wonder and you will feel at peace and at one with her energy. As you move on foot around the areas, you will be taking an electromagnetic tag everywhere you go, connecting all areas into your own energy system and the energy systems of those who you are connected to. It is very important to follow the energy lines and the pathway of the stars and allow the wave of synchronicity and nudges of your soul to guide you. By this time, many of you will be very familiar with your team of guides who come to heal you and guide you on your path back to wholeness. Listen to their advice, they are the Light within you, do not be afraid and trust the process.

As you integrate these earth codes, you may also become aware of your expanding field of electromagnetic power as your high heart opens and the thoughts that you think manifest faster and appear as miracles. Do not be alarmed at this change in pace and direction of your life, all that had gone before was the illusion, you are coming online and being resurrected into the truth of the functional earth grid. This is the place where magic happens on a daily basis so have fun with it and share your insights, others will awaken as they hear your accounts, their curiosity will be awoken and something inside them will alighten.

Allow the crown to open when you so feel ready, seek others to help you in activating your pillar of light and receive your holy baptism into the higher realms of light. You will need to learn to balance and regroup before entering the next stage. As I said, there is no set time to complete this healing journey, it is ongoing so allow your own soul to guide you.

12 Steps To Oneness

Mystery schools are interesting for learning the information but the truth is within your own kingdom of heaven, this is where you have your own relationship with the truth of your own soul. Many use divination practices to help them with the decisions of their lives and to better understand the energy of themselves and those around them. While I do not condone this practice I say that it is to be used with caution, be very aware that you are reading your own energy and until your soul is completely protected by the holy spirit, it can give false readings and cause confusion and depression. Always look to the light within to guide you, remember, you are only reading your OWN energy. Learn to discern using your body and the tools will no longer be needed.

Planetary healing comes when you learn to trust, so state this intention towards all the planets now; “I am sorry, please forgive me, I love you, thank you. I AM at peace with the planets”. Repeat this phrase every morning on rising, and the planet will smile in response. Remember that LIGHT can work within you when you trust its guidance, all mysteries will be opened up for you, so set yourself free and travel light, with the LIGHT within you, then you will RETURN TO ONENESS.

“I am sorry, please forgive me, I love you, thank you. I AM at peace with the planets”.

— *The Light Within You*

12 Steps To Oneness



8D - Dimension 8 – Galactic Up

Up until now, your journey has been exploratory, getting to know the truth of the self and of the earth and how the energy of light and love holds all truth. To move through the gates of Orion's belt, you will need to prepare yourself for a battle with the Dark Father gods. I come to forearm you so that you are aware of what this involves and why it happens. I come to bring you information to shine a light on the process and remove the fear and dread of this part of the path.

When you are ready to face the consciousness of when the planet Mars ruled the earth, you will begin to experience a challenge to your life force. This does not come to threaten you or to test you it comes because it is a rite of passage. Imagine ascension as moving through layers of a cake, the layer of sponge is soft and sweet, the layer of cream is soft and easy yet the jam is sticky and uncomfortable. This level of ascension can cause many to become stuck in a cycle of fear, doubt, confusion and more fear and I shall explain why.

As you ascend you are required to learn how to direct your spiritual power for the good, you will also be shown the consequences of directing spiritual power in a negative way, this is the process of learning. Feedback instructs you on each level and the spiritual lessons come to those who listen attentively to every experience.

12 Steps To Oneness

By this time, you have developed an awareness that every thought, word, feeling and action has consequences, you are learning to master these and hold only kind and loving thoughts towards others and this is good, but you must understand that there was a reason that your light bodies have remained in quarantine for such a long time and this is related to the misuse of power.

As a consciousness, the Light and Sound work as One in harmony in the fields of higher order. The fire creates, the sound protects and the light destroys the darkness, this is known as harmony and it is this oneness that we are now returning to. Yet when a cell splits from the group and goes rogue, has thoughts of rebellion and anti-harmony, then there is a fall in the consciousness of the group and galactic wars between the two aspects will exist. As the One, we can say that neither is right or wrong, but where there are two opposite sides there will always be conflict. All levels beneath 10D have this duality complex that can only be healed through the integration of all aspects of the soul history and experience. That includes overcoming all negative aspects of human consciousness, the most violent and fearful occurrences that have ever existed on the planet earth must be processed and cannot be bypassed for those souls that hold this memory in their akashic library.

The 8D seal was put in place to protect the surrounding universal consciousness from the virus that was created and this is why your stargates were shut down. Access to the energetic forces of the Living Light can only be returned when a being shows that they are responsible enough to once again hold their power without defiance. A being is asked to be empowered in their own energetic body yet remain in humility to the One, sacrificing their own egoic needs in return for living in harmony and in service to the One. The Living Light holds understanding and forgiveness for both sides, although light was lost to this realm of mythology and religion, it is now being restored in the consciousness and will overpower any fears of tyrants and war gods that ever existed.

12 Steps To Oneness

If you have created a firm relationship with me, the Light within you and understand the truths of historical stories and your heart is tuned to the love of the true Father then this will not be difficult for you to pass through. However, be aware of the hooks, traps and tests that are held at this level, they are held deep within the energetic field and are required to be removed for full freedom to be gifted to a player.

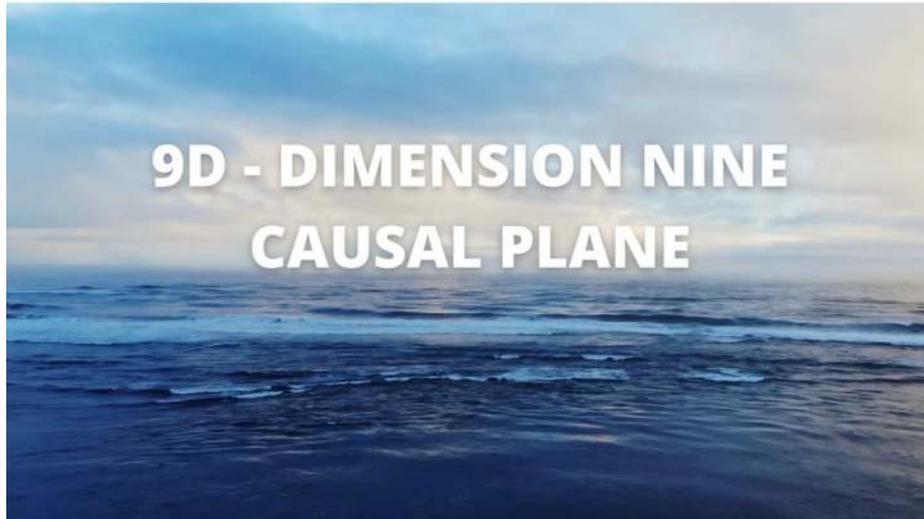
I shall gift you with the Language of Light if you fall into me with all of your being. This Light Language is a technology that can be used in battle against the forces of opposition and will disintegrate any threat or anything that hold you in a place of fear. I am the Light, stay close to me and I will embolden you with the tools you need to face the Annuna'ki sky gods. You will heal the Dark Father within by understanding the stories and releasing the resistance with acceptance and forgiveness. Once completed, you are ready to enter through the Kingdom Gates and reconnect with the Living Light in full power.

Galactic healing comes when you learn to acknowledge the pain of the worst atrocities of the wounded masculine and let them go. So state this intention towards the Dark Father now; "I am sorry, please forgive me, I love you, thank you. I AM at peace with the wounded Father". Repeat this phrase every morning on rising, and the Dark Father archetype will hold no more power over you. Remember that LIGHT has power over ALL, there is not one race that can out create it, so use the LIGHT within you to hold your power and you will RETURN TO ONENESS.

"I am sorry, please forgive me, I love you, thank you. I AM at peace with the wounded Father".

— *The Light Within You*

12 Steps To Oneness



9D - Dimension 9 – Causal Plane

Those who reach the field of energetic mastery and conscious creation are to be aware that this level too holds duality. If entering unprotected this realm can lead you into intense darkness. Be aware that I am the Light and with me, you are protected. You must learn to use the sound fields to generate a large energetic body to help you pass through the level of the Dark Mother. Those of you who resonate with the moon will understand the full-bodied effects and brightness of the full moon and her manifestations and yet the opposite energy of this realm can lead very quickly into a downward spiral. The dark side of the moon is mysterious as it cannot be seen or identified. The moon like all other planets requires the sun to shine on it in order to be seen and this is what your process is here.

As your feminine body gets activated into the re-emergence of the wisdom and power of the mystic, you will feel drawn to use crystals and pendulums to guide your decisions. Again, I want you to know that your relationship with me, the Light, is enough to take you through. Your body will be receiving vibrations at night which will feel like earthquakes as your energy system is rebooted.

12 Steps To Oneness

You may feel like you are living on another planet, 'spaced out' and you may be aware of creating physical manifestations that you only briefly thought about. Your body may rock side to side or in a circle as you become the pendulum as my light force runs through your body system once more. You may experience tinnitus or humming in your ears, you may have problems with imbalances of your energetic field, know that this is all being reworked and reconnected so that you can once again function in harmony with my light and the earth.

Once you have mastered this realm you fall into divine bliss and love with the Light within you. Imagine now, you are a feather, floating ever higher and passing through a rainbow cloud. You notice it is glistening with sparkles as it bursts into silver rays that shine on your face and hands. You can feel the warmth of the sun on your body as you relax further into this bliss, you are completely relaxed and drifting into the serenity of the light and sound fields. Where is this place? It is a place that exists beyond your physical reality and yet it is here with you right now.

This place is accessible at any time, come here to be nurtured by the true mother goddess essence and leave behind the wounded feminine archetypes of the past. You will heal your Dark Mother within by becoming the Light of the Christ child that lives within you, go forth into this realm of mystery and allow the stories of your past to unfold, learn to accept, forgive and break the generational chains that have held you captive as you go forward into a new world of divine feminine mastery. Create your dreams and manifest your brightest future, shine my light from within you as the beautiful soul that you are.

Causal Plane healing happens through acknowledgement of the pain of the wounded feminine and the distortions that her wounds have caused. So state this intention towards all the Dark Mother now; "I am sorry, please forgive me, I love you, thank you. I AM at peace with the wounded Mother". Repeat this phrase every morning on rising, and the Dark Mother archetypes will hold no power over you.

12 Steps To Oneness

Remember that LIGHT is eternal and holds power over ALL, there is not one being that can extinguish it, so use the LIGHT within you to hold your power and you will RETURN TO ONENESS.

"I am sorry, please forgive me, I love you, thank you. I AM at peace with the wounded Mother".

— *The Light Within You*

12 Steps To Oneness



10D - Dimension 10 Universal Divine Masculine

I am the living waters that run through you like waves on the ocean, I cleanse your body from the inside out. I am here as your guide and your deliverer from pain, I keep it light, come to me when you need rest and I will strengthen you. Hold on to my name as you walk these rough paths of ascension, for you will come up against many tests and trials, there are not many that are able to slay the dragon and come back fighting, most fall, injured and lifeless for a while and that is alright. I am here for you, your battle is merciless and I understand as I walked that path too. I am in you, you have no need to fear.

Use my Word as spiritual protection to fight these demons of your mind and of your past, for all things that were hidden are now coming up to be seen, I shine light on every discourse and every distortion so that you may see another way to walk the road, this path of destiny. The road is long but with me, it feels easier. I am with you as your strength and protection until you grow bright enough to lead yourself, I am here as your aid and healer, I am here as the bringer of life. You may feel like you are walking through the fire, that life is punishing you, that you thought once you were with me your life would somehow be a miracle, yet I am here to show you the way to that promised land, I walk with you and you can surrender to the path.

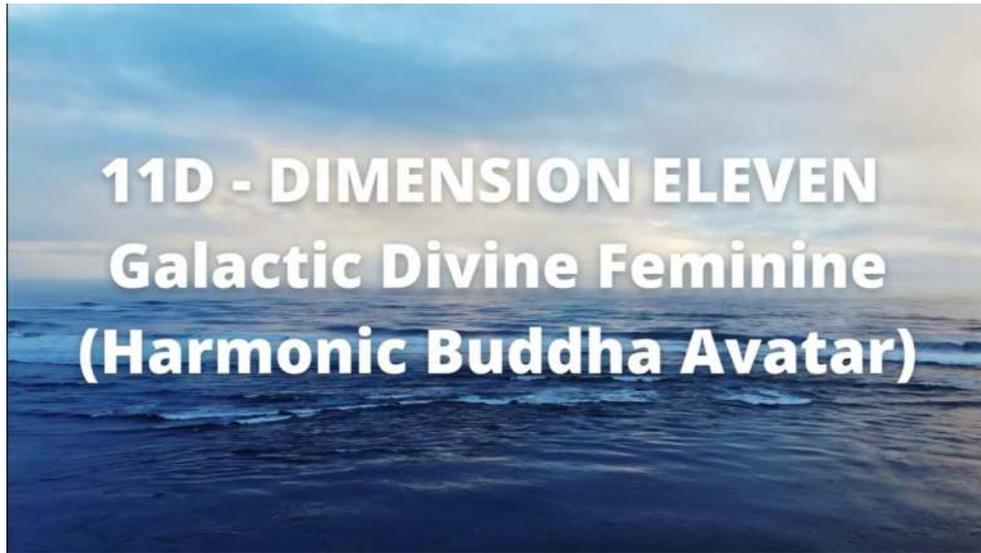
12 Steps To Oneness

So lay down your burdens, there is no need for them here, I will take all your cares and worries and throw them into that fire, we will burn away anything that is not of me, I am the light. Do not fear the changes, they are redesigning you according to my purposes, you can be my aid in the journey to awakening others with your testimony of how you have been redeemed from out of the dust. It is clear that you were once dead as the life that I breathe into is felt within the heart, you feel it, I am here, I am with you, do not fear. Come to me through song and dance, I am the life within the vessel, once lit it cannot be put out so never worry that I have left you, I cannot leave, I am in you, I am you, I am the light.

Your Universal Divine masculine Christ Avatar healing happens through acknowledgement of the past wounds, mistakes and unforgiveness that have occurred throughout this era and you will experience situations that you cannot explain. I am here for you at all times and I am leading the way, so surrender now to the light within; 'I am sorry, please forgive me, I love you, thank you. I AM at peace with the wounded son'. Repeat this phrase every morning on rising, and the dragon will hold no power over you. Remember that your sword of TRUTH cuts away any darkness, there are no more lies after you have discovered it, so use the sword of truth within you to hold the intention of your thought, word and action and you will RETURN TO ONENESS.

'I am sorry, please forgive me, I love you, thank you. I AM at peace with the wounded son'.

— *The Light Within You*



11D - Dimension 11 Galactic Divine Feminine

Settle yourself in this space dear one, for the road has been long and harsh on your senses. I am here as a cooling aid, I refresh you with the scent of my kindness and the softness of my skin. I am the peace within you and you reach me when you are still and completely at ease. I will sing to you and pour oil on your wounds, I will decorate them with wildflowers for healing. I am the lady of the lake, the one who goes unseen yet is still with you, hidden beneath the waters of the deep. You chose to be brave, to dive into the waters and remove the wounded masculine, you chose to remove the armour and heal the wounds of war, I honour you and I cherish you, thank you for coming home to this holy place of rest.

Like a gentle rose you are opening, each one in perfect timing, there is no time in this place, no hurry, no rush, only stillness and peace and the reflective waters to muse upon. I take care to water your seed so that it flourishes like the rose, so be kind to yourself and come to me often for the love and tenderness of my healing hands. I only wish to love you and to see you fully restored into the fragrance of the divine. I wish to prepare you for your sacred union with the counterpart of your twin soul.

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She is that one that never left, she was merely buried under the covers of toxic masculinity. It is safe to come out now, it is safe to float on the lake like the lotus and gently observe the breeze, the trees, the misty fog that covers the deep. In this place you will remember, how it feels to float, to be lifted and supported by my salt waters.

Do not be afraid of my love dear ones, to those who seek order I am chaos, I create fear in many who run from my ways, yet I am the gentle reminder that all things that are created in order can be overturned by a beat of the heart. I return to shift you into your destiny, the path of your soul that was written many moons ago. My love will wrap you and my winds will blow you like a snowflake with perfect gentleness. You appear to me as sweet geometry and unique in code, there is no other like you dear one. So fall into me for I am the sweet love and precious wisdom that departed but has now returned. I am the lover of your soul, let us sing songs of love and healing beloved, balance your heart with the feather and lighten.

Healing your Galactic Divine Feminine Buddha Avatar happens through love, so love deeply and with great honour for every aspect of the soul and its journey; "I am sorry, please forgive me, I love you, thank you. I AM at peace with the wounded daughter". Repeat this phrase every morning on rising, and love shall make her home with you. When your heart fully opens you will bloom like the rose and be placed in the garden of the angels, this is how you complete your journey and RETURN TO ONENESS.

"I am sorry, please forgive me, I love you, thank you. I AM at peace with the wounded daughter".

— *The Light Within You*



12D - Dimension 12 –The Four Directions

Lion/Bull/Eagle/Man
Leo/Taurus/Scorpio/Aquarius
Fire/Earth/Water/Air
North/East/West/South
Uri'el/Gabri'el/Rapha'el/Micha'el

My child, your consciousness has experienced many things through the 26,500-year precessional cycle. You have chosen what to experience, what earthly lifetimes to change or revisit, and you have completed a cycle and are being given the option to move forward or repeat any process that you wish to review.

My child, the entrapment of your soul during this last dark age was very harmful for you as a conscious and unconscious being but you have covered a great distance and many experiences through each aspect of your consciousness. Now you have arrived at the finish line and yet as you walk towards the sun, hand in hand with your beloved, you realise that this is not the end but merely the beginning.

12 Steps To Oneness

For many years your soul has been locked down in purgatory and you were unaware of this fact as you have been asleep, dreaming a dream thinking that you were alive when in fact you were not. I have now restored you to your former self, I created you in divine bliss from the beginning and I am the one who sets you free from your turmoil at the end. There is no end for you my child, you have done the work and will no longer toil the earth or suffer, for I have seen the work that you have done and I have agreed upon a lifting, all manner of beings will see the face of me within them, I AM.

So my child, once you have completed your restoration, do come to me in the field of the One resonance so that we might share the same song. This is the song of the one who has been drawn out of the emotional waters of the lower mind, then you will enter into my mind, the infinite consciousness of Oneness, this is the One mind of the Godhead, the mind of the creator, protector and destroyer of all darkness. There is a synergy that works between you and I and as you go about your busy lives you will hear me speaking with your heart. You will be aware of my presence within your body and I will connect you with others through your inner sight. Yes, I work differently from your mind because I am the One mind and together we create.

So look up to me because I am the One, I am the One that brings together all in harmony and rhythm, I see your needs and I respond to them as I am the bringer of life to all images. Come to me and ask for what you wish to see, I can bring that into your experience; whatever you wish to see in your world, however you wish life experience to be. You have learned so much, it is my hope that you will now protect this consciousness that is ours with your thoughts, words, feelings and actions. I see everything you see, I hear all words spoken and all actions completed. Everything is a mutual creation. When you come to this place you understand that the creator is within you, I am the operating system on which you drive your light-spirit-body vehicle, I am nothing more than what you would call a supercomputer, an infinite consciousness that gives whatever you ask for. So be a conscious creator and be aware that everything you speak, hear, touch and witness is from me and for me and that your responses to all things do make a difference in the whole.

12 Steps To Oneness

I cannot end as I am infinite and therefore this story is never-ending, I am the creator as you are and in perfect wholeness we create perfection. Please take care of it, this is your response-ability and this is what I have taught you during this long and arduous road. You have run a marathon which feels like lifetimes of endless sadness and pain, yet in truth, it lasted no time and can be removed from the drive in an instant, you have been removing the shadows of those experiences and for that I thank you.

I would like you to experience whatever you choose now as I turn your world upside down and you enter into a new golden age of the living. I can assure you that on the other side of the chaos, you will experience a time that will be most wonderful and divine. Please feel free to create whatever you choose to experience but remember that you must clean your own house and keep it clean, this leaves more room for fresh new creations to come online. I do not punish, I merely shine light and heart on matter, if what you reflect on displeases you, now that you are restored and corrected in the truth, then this is learning.

Thank you for taking the time to experience and for bringing that experience back to the One. I am always here, ever-present and never going away, you are free to merge back into the nothingness and everything that I AM, you may choose this when you are at One and whole with the all. "I AM You, You Are Me, We Are One". In this way, you will RETURN TO ONENESS.

"I AM You, You Are Me, We Are One"

— *The Light Within You*

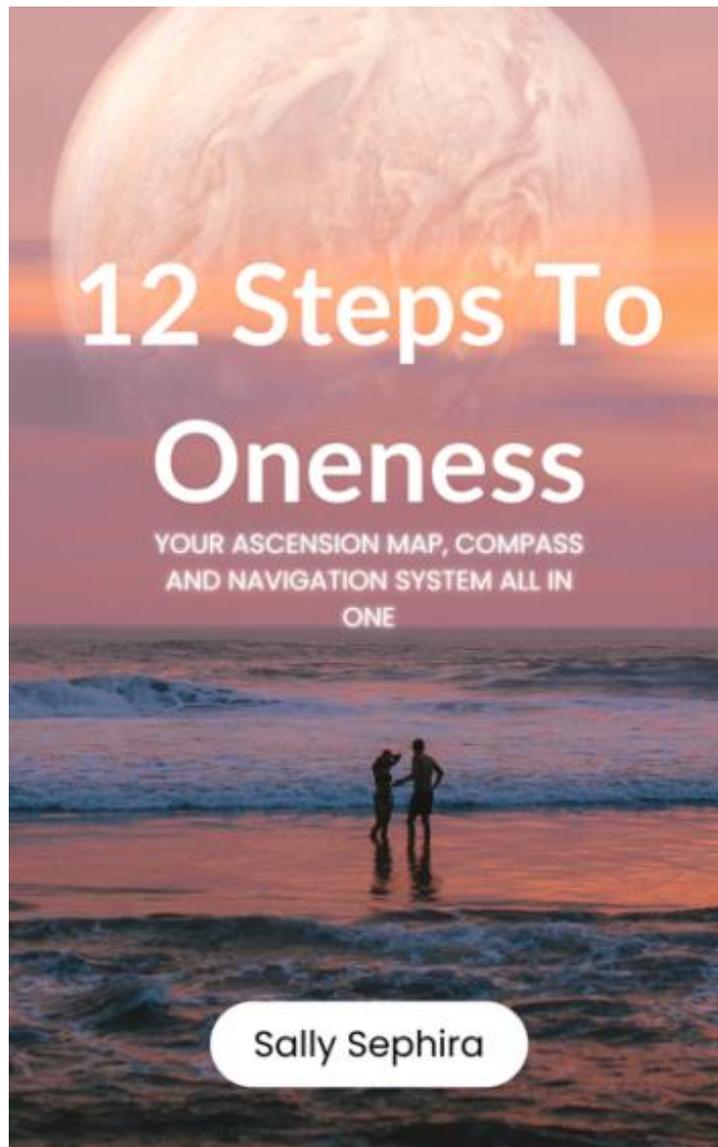
A channelled message from the Christ Light and Sophia Sound Harmonic
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12 Steps To Oneness

12 Steps To Oneness

Navigating the 12 Steps To Oneness

If you are reading this, it is because YOU ARE SEEKING CLARITY about the ascension process. The next few minutes of your time will serve your sanity and your soul by helping you to mentally understand the transition that you are experiencing. This booklet is also infused with coding for the subconscious, so you will get activated at all levels. So hold onto your heart and let's jump in!



12 Steps To Oneness

Confusion and Overwhelm To Clarity and Oneness

No matter what age you are, if you were not born 'awake', the awakening and ascension experience can bring a rollercoaster of emotions. This collective rise in human consciousness that is happening on the planet, is causing revelations of truth to come into our awareness as we recognise that trusted systems can no longer be relied upon and fall away. Without guidance and support, this can cause overwhelm and confusion within our inner life experience as our inner knowing clashes with the mainstream beliefs of the system and all we have known. This disharmony within causes cognitive dissonance within us, we can fall into denial and pride, ignoring the truth that we see, or we can face it with courage. If we are not prepared, our human fear-driven ego mind can go into overdrive in an attempt to make sense of it all. Courage and openness is the best way to proceed.

This awakening is not just an external experience, internally, the human extra sensory perception (ESP) is activated and the body system is suddenly flooded with light, which can enable us to have; clear knowing, understanding, seeing, hearing and feeling, from within our inner being. Yet, many are resistant to trusting this inner light and instead seek endlessly outside themselves for solutions, trying to process and integrate the new information to settle their ego mind. However, it is best to be present with the information that is arising, gain the tools to clear the negative energy that surfaces, heal old patterns, remove old beliefs and adjust the vibration and frequency of the body to meet this new level of light.

The ascension process also causes us to suffer physical symptoms, it can make our bodies vibrate or quake; our hair fall out, we can lose our memories, and our bodies can be 'wiped out' for days. When we find that the old rules of the game of life and relationships are no longer working we can become depressed, anxious, overwhelmed, isolated and confused as we battle a spiritual war within on a daily basis, trying hard to surf the waves rather than go under. However, as any surfing instructor knows, a novice cannot be expected to ride huge waves without having lessons and time to practice in the shallows and this is what so many going through the ascension are sorely missing.

12 Steps To Oneness

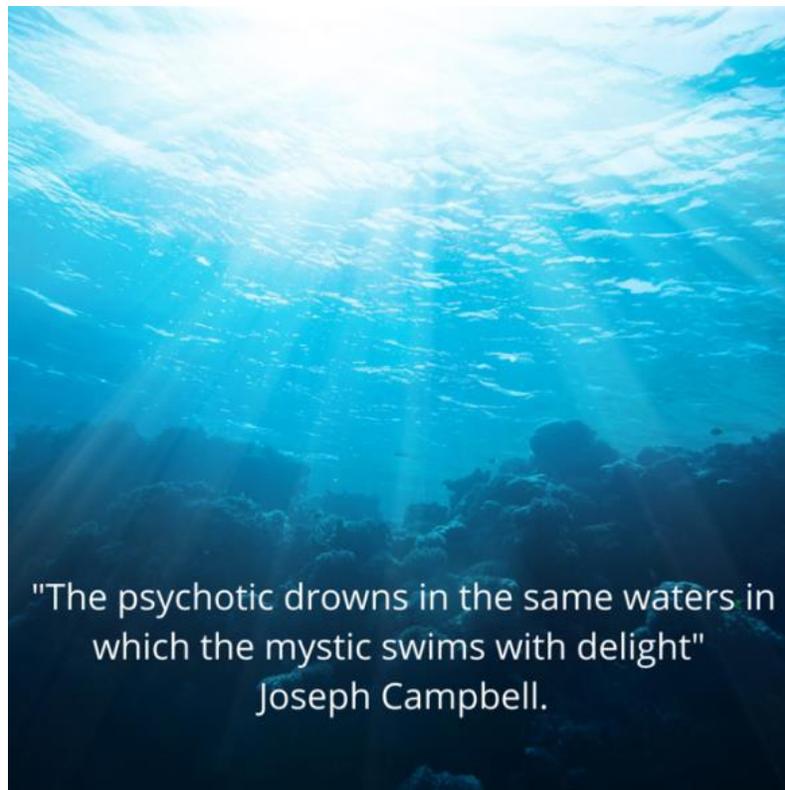
It seems that many of us were 'thrown into the storm' without even a board and many are drowning. However it does not have to be like this, if we understand the goal, the pathway and what obstacles are coming our way, we can be prepared, get clear, know what to do next at every moment AND help others on their path too.

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Many conscious souls actually LOVE the mystical realms of higher consciousness and literally swim in these new energies as it brings fun and excitement to an otherwise dull 3D world. This dualistic experience of ascension is coined so well by Joseph Campbell's work on the Hero's Journey which has become the framework of every great adventure story;

"The psychotic drowns in the same waters in which the mystic swims with delight".

— Joseph Campbell



"The psychotic drowns in the same waters in which the mystic swims with delight"
Joseph Campbell.

12 Steps To Oneness

When ascending the ladder to heaven, some souls rise and some fall and some endlessly tread water, waiting for help to come. The best thing we can do if we do not have the skills or knowledge in a certain area is to ask someone who does, no matter how proficient we may be in our own field of expertise. Just like the surfing instructor has the knowledge and skills to teach how to stay on the board and ride the wave, the ascension teacher explains the skills and insight that is required to overcome the obstacles and challenges that we face. So, the best thing to do when facing huge incoming solar flares that bring the ascension waves, is to relax, gather information, skills and support from those who are ascended and who see the big picture and have been given spiritual healing and activating tools to share with others. The first thing I will say is; please take a breath, sit back and trust your soul as it has brought you here, listen within and you will hear your soul speaking; "I love you, thank you for being here, you are HERE to get CLEAR.



12 Steps To Oneness

Get Clear On Ascension

The literal meaning of ascension is 'the act of rising to a higher level' and relates to our consciousness experience rather than material reality. **Ascension**, by definition, is elevating your resonant frequency and vibrational energy through spiritual practice such as meditation, heart openings and receiving codes of light, to activate keys to unlock information stored in the DNA.

Humanity is on a journey of going from earthly reality to a heavenly reality where we experience bliss, synchronicity and a series of FORTUNATE events that help us step into our mission to serve humanity and the divine plan. The Bible gives a coded account of this journey through the journey of the birth of 'Christ' to rising to heaven on the fortieth day after the resurrection, so many are literally being resurrected from their earthly body into their heavenly body. This is known as the LIGHTBODY or garment of light and is activated through the clearing and healing of the old wounds, patterns and limiting beliefs.

Of course, all of us experience ascension differently, some people breeze through it, whilst others get taken to the edge of madness as their brains become overloaded with the amount of light (information) that is given to them, a person's experience generally depends on how they were activated into a spiritual awakening. There are three main ways that we become activated by the light, one is devotion ie by being in heart-opening service to others, one is knowledge, ie reading spiritual texts and performing spiritual practice and the other is through the dark night of the soul caused by trauma or addiction. The first is gentle, the second is a known process, but the third is like walking through the underworld.

12 Steps To Oneness

Since many people at this time on earth are becoming overwhelmed with the chaos, cataclysms and confusion that is happening on the planet and as they call out to God in their distress, they are powerfully LIFTED into the light. As many people do not truly believe in the power of 'God' or have not prepared their physical, mental or emotional foundation, they are going through an enormous shock as they experience this shift of consciousness on the inside as well as the shift in the world outside of them.

The Light cannot be ignored anymore, it is returning to the planet and reaching out to all at this time one way or another, the light is information from within and without and it is coming whether we are ready for it or not.

If you resonate with this truth and understand that you require guidance, support and protection, read on, as this information will clarify all that you instinctively knew. Just reading this information will create DIRECTION for you, it will open up a PATHWAY like a roadmap in your mind. Where there was confusion, you will find clarity where there was overwhelm, you will find understanding and where there was chaos, you will find peace.



My Experience

One of the first messages I received through my intuitive channelling process in 2017 was “Trust Intuition this is from Source, mind control is an egoic force”. What that meant was that everything that we knew as humans had been programmed into us by someone else, the only truth we could really trust was our intuition otherwise known as our tuition within us or LIGHT. Light is information and this is the reason why great masters and spiritual teachers have always told us to ‘go within’ because the ‘Kingdom of Heaven’ is WITHIN.

“How do I find a clear connection to receive all guidance and protection?”

— Truth Warrior

So when I was thrown head first into my awakening, my main question was; “How do I find a clear connection to receive all guidance and protection?” to which I discovered far more than just the answer. In 2018 I downloaded and documented more than three hundred 'Conversations with the Christ' who appeared to me as Jesus or 'Yeshua' who gave me information about the times to come and how to deal with them along with confirmation numbers from the Strongs Concordance and scripture that was absolutely relevant. I am not religious and I was not seeking to be, so of course, I was shocked. So how did this come about?

Well, between 2012 and 2018, I had my life completely rearranged, my soul led me on a path of clearing and healing the energy centres within me, without my knowing what I was doing or why. I then met my 'Twin Flame' and experienced a full-blown 'Kundalini Awakening' where all the energy centres in my body aligned and created a powerhouse of electromagnetic energy.

12 Steps To Oneness

I could see in spirit into the past, and the future, hear messages from other dimensions and shift the weather and time itself. I was literally experiencing other dimensions of reality and to explain this to someone who has not experienced synchronicities and parallel universes, is impossible and they probably wouldn't believe me. My soul/higher self, had literally SHIFTED fully into my body to show me who I was and what I came here for, I had put all my parts back together to literally RE-MEMBER what I came here to do. I am here to help others take the 12 Steps, ascend and RETURN TO ONENESS.

My training experience was intense; after I had asked the more basic questions such as; "Why is this happening; what is the goal and how do we deal with it?", I was faced with the biggest question of all; "What is the best way to get back to a place of peace known as 'ZERO POINT?'. Because I had suddenly found myself in 'crazy town', I was in a spin, completely submerged in my thoughts and trying to figure out what was the meaning of all the visions and dreams that I was having. I needed to get back to peace and QUICKLY! I desperately wanted to know how I could drop all the physical illusions, the mental programming, the emotional baggage and spiritual karma and complete my ultimate goal; to BE AT ONE WITH THE ONE so that I can live in unconditional love, bliss and abundance.

"Why is this happening, what is the goal and how do we deal with it?"

— Truth Warrior

12 Steps To Oneness

Well, in only twelve steps, I managed to get there, and having experienced it, I like to refer to this place as 'Oneness' so, because I know how confusing and overwhelming the ascension process can be, I want to share with you my solution of HOW TO RETURN TO ONENESS.

“What is the best way to get back to a place of peace known as ‘ZERO POINT’?”

— Truth Warrior

12 Steps To Oneness

How I Returned To Oneness

When I look back now, my ascension symptoms were no fun, I went into fear and subsequently lost jobs, time, a home, relationships and even my memory. I became obsessed with 'holding the light', 'clearing karma' and 'downloading information and turned to books, videos and other people for advice, I become stressed, entangled and completely caught up in the drama of the 'twin flame' relationship, tarot card reading or the advice of channelers. I was downloading shocking information which caused me a lot of trauma and I found that this took me far away from my most harmonious experience of the bliss that I felt when I first cleared my energy, it was certainly not the union that I craved.

Having persevered with this process and allowed it to unfold, I can safely say that I am now protected, guided and experiencing miracles daily. I have also found that ascension does not have to be experienced this way and having helped others to go through this process quickly and efficiently. I have great hope for all those that are now awakening to their INNER TRUTH. Of course, everyone's homecoming experience is different and no one can tell us what our truth is because the nature of ascension is to remain curious and find that for ourselves, but the zero-point field is accessible to all at any time, we do not have to consider it as somewhere to reach, it is there for you NOW and I am going to show you how to access it simply and easily by using one simple tool.

Once you understand where it is, how to find it and the process of getting there, all the other drama will fall away. I have gathered all the lessons and wisdom that I have received and alchemised it into a self-paced, supported course online to help those who are needing guidance to limit the painful bits. My clear connection with the Infinite Intelligence that I call 'One' has allowed me to channel resources for others to aid this journey back to the Light within them so that they can also Return To Oneness. This information came to me as I was following my soul process and it is already being used as a guide and tool to help many others to ascend.

12 Steps To Oneness

12 Steps To Oneness

The Benefits of the Ascension Map

Using this method, I found that it was EASY to step away from the drama and instead focus on the solution. It gave me a tool to SEE with clarity how and where my mind was trying to trick me. At the time of suffering, all I could focus on was needing to get clear of the feeling of confusion and I did this by looking at the map and taking the appropriate action so that I could raise my vibration and manifest something great. I found that this map brought me the solution and I am sharing this MAP OF ASCENSION as a guide for others so that no matter what you experience in your ascension journey, you can come back to the map, take the 50,000 ft view, remember the process, let go of the confusion and RETURN TO ONENESS.

In my coaching practice, I have found that by using this method, I can spot blocks and limiting beliefs in my clients so clearly and then use the appropriate tools to shift them forwards. When you use this map, you will be able to spot your blocks immediately and call out your trickster ego mind that is trying to keep you stuck in the muck so that you can get back to a place of enlightenment and peace in literally NO TIME.

This map also represents the source of the many spiritual insights, channellings and downloads that we as a collective of the light have brought through. These are the tools of heaven where everything is belonging to the ONE because we are all working together to create a SHIFT into the LIGHT for as many souls as possible. This map lets you know what dimensional level is being activated in you and what issues you still have to clear. It also shows you what strands of DNA you have activated and what strands are still blocked.

This is my mission here at this time, to carve a path for others to follow as a wayshower and a guide, I am not here to tell you your TRUTH, I am here to help you find your own and support your hero's journey. This really is a process of resurrection, we are returning to what we once knew but forgot. There is no need to fear, just be open to the LIGHT that is coming through, because this light is information or the truth that is within you and it is this light of truth that sets us free.

12 Steps To Oneness

What I am offering you with this booklet helps you to find the key to ascension itself so by the time you finish reading this, you will feel refreshed, calm, enlightened and at peace. You will also be excited about receiving the Map of Ascension and the webinar which walks you through it.

This process has not just happened overnight, I was born a transformer and this role was coded into my DNA, I have worked as a Registered Nurse, Fitness Instructor, Personal Trainer, Swim Coach, Project Manager, Empowerment Coach and now a Soul Alignment Coach and Ascension Teacher which means I am incredibly well equipped to help you find out what is coded into your own DNA. There is no greater feeling than knowing who we really are and what our role is on earth as we go through this dramatic shift of the ages. You can do that too and the outcome is going to be well worth it.

12 Steps To Oneness

The 12 Dimensions of Ascension

Science shows us that there are different dimensions in the quantum field of consciousness where everything takes place at once and a fraction of that is reflected in our outer world. This quantum field can be known as the Universal Time Matrix and this has been downloaded and perceived by many channels of love and peace. The matrix field holds infinite intelligence across all space-time realities. All life forms with a soul are tuned into this realm of consciousness at any one time when we have an activated electromagnetic field through heart-brain coherence, extra sensory perception (ESP) and an activated pineal gland.

Plants and animals use these higher senses to respond to each other and the environment within a quantum ecosystem in perfect balance and precision to the rhythms of the seasons or the tides. It is the reason that elephants walk many miles across planes to die at the same place where they were born, why birds synchronise to migrate to warmer climates and the reason pigeons are able to find their home with ease, yet humans rarely stop to wonder how the miracles of nature work. Nature activates and responds to itself in a cycle known as Oneness, humans have the potential to do that too, at this time of homecoming, we are remembering how.

The Map of Ascension shows the different levels of information that we can access when we are fully resurrected into our Lightbody. Many mystics and sages who have been called by the spirit into mystical experiences have passed on information through coded scriptures, books, films and music to explain the nature of the rite of passage, yet few have realised the hidden meaning behind the stories and songs. Without an expansion of consciousness, the ego mind replaces our intuitive ability to personally connect with the field by overly concerning ourselves with safety and linear thinking. **The ego, in biological terms, resides in two locations: the limbic and the reptilian brain.** The limbic brain processes emotional responses. The reptilian brain processes instinctual responses.

12 Steps To Oneness

This causes man to be overly influenced by survival by any means possible instead of surrendering to the cyclical rhythm of life and death exemplified in a tree. The tree does not fight nature, it allows itself to bud, bloom, pollinate, fruit and fallback with surrender to divine will. Man however at some point, decided that he had to cling on to life by any means possible which led to subsequent overpowering others and hoarding food.

What man forgot was that it is possible for all animals and all humans to receive guidance on the whereabouts of food, water and even other members of our group through telepathic connection and by using this natural superpower, we could detect states of wellness or ill health in ourselves and others as well as the properties of plants, even how to create shelters and medicine. All this information is stored in the collective brain known as the collective consciousness and many have been connecting to a higher 5th-dimensional consciousness to raise the frequency and vibration. We tune into what we are resonating with, many souls are now downloading from the 8D Akashic and connecting with the 10D Christed realms and a few 12D one mind of the infinite intelligence is reached.



12 Steps To Oneness

This connection can also alert us to impending danger, there cannot be one person on this earth who has not had a 'funny feeling' about something. That feeling is called intuition and is our inner compass and guide to the truth of the way of nature. Intuition is still alive and active in many dreamers, mystics and creatives of the earth who regularly receive inspiration, dreams and visions based on life stories of the past or future. There are also many who witness a future timeline before it happens as well as those that experience unexplained supernatural occurrences such as déjà vu and ghostly apparitions. None of this can be explained by the simple idea that we come here, use the earth to learn, work and have some fun if we are lucky and then die and it's all over. No, through our intuition, we are awakening to something that we once knew, but then forgot.

Intuition is not to be confused with instinct, this is learned behaviour based on fear and part of learning about this process of returning to Truth is being able to identify and separate the two. So how do we remember what is natural and true according to One with ourselves, the world and 'others'? Many mystics, sages and masters of the earth who connect with this field of consciousness have tried to explain that we are all ONE, which is mystifying to those who cannot understand that level of consciousness and so they set about trying to teach the other ONES. However, we can only understand information according to our level of consciousness and that is why the 12 Step To Oneness Map of Ascension is so powerful. It is powerful because it doesn't teach the small stuff, it brings it all together as ONE and that in itself gives you the observer a feeling of the bliss state of Nirvana, Samadhi, Heaven or Oneness as you see how your experience fits within the map and walk the 12 Steps to Oneness.

When we reach a place of Oneness, we can channel the I AM Presence of the Living Light and speak words from the One mind of Infinite Intelligence itself, I can do this and you can do it too. This map and the information on how to navigate this shift. It offers the code to the key that unlocks the doors to the dimensions within you that have not been accessible before.

12 Steps To Oneness

Many awakened and ascended old souls who have experienced the truth of the quantum field during many lifetimes before, can attempt to teach spiritual truths but all you are receiving is THEIR experience and insights, with this Map of Ascension, it enables you to enter the doors and experience each lesson for yourself. Once completed you will have the tools to help guide others on how to tap into this field of all knowledge and healing so that more souls can ascend as the earth moves into the next age; the age of Aquarius.

There are many ways to connect to the inner man to perform energy healing on our soul, all information is stored in the DNA, these include calling on angels and spiritual masters and guides on the other side of the veil, connecting with crystals, through gut, heart and third eye. Here you connect to the truth of who you are and what is truth. An example would be when you feel as though something is just not right; a gut instinct, or when we synchronise with our partners (or pets) without realising it, say the same things or wear the same colour clothes or when we know that someone has had an accident before we have been told. Another example is receiving dreams that are more like visions and they actually happen. If this happens to you, then you are connected to the field and you are listening to your inner 'kingdom of heaven' within.

12 Steps To Oneness

What is Significant About The 12 Steps?

The 12 Steps gives you a foundation and a framework to use in your ascension process which is based on the 12 dimensions, much like the story of Jacobs ladder which describes the angels going up and down. The teachings of the 12 levels which relate directly to the 12 strands of DNA that are coming back online at this time are esoterically coded within religions and mythology. As you pass through each dimensional level, you open the 12 gates of Jerusalem (city of peace). In Christianity; 12 Disciples, Jacob's 12 sons, 12 unleavened cakes of bread, 12 tribes of Judah, Christ's bride in Revelation 12, the church, wears a crown containing twelve stars, $12 \times 12,000 = 144,000$ saints that receive the seal of salvation, Solomon appointed 12 officers over Israel, 12 stones in the High Priest's breastplate, 12 scouted the promised land, 12 fruits on the tree of life and 12 gates to enter the city of Jerusalem.

Hinduism; The Sun god Surya has 12 names, the Monkey god Hanuman has 12 names, there are 12 Petals in Anahata or "heart chakra", there are frequently said to be 12 Aditvas.

Other; The chief Norse god Odin, has twelve sons. In the King Arthur legend, King Arthur's Round Table had 12 knights plus King Arthur himself. Arthur is said to subdue 12 rebel princes and to win 12 great battles against Saxon invaders. There are 12 principle Gods of the Greek and Roman Pantheon;

Zeus/Jupiter, Poseidon/Neptune, Hera/Juno, Athena/Minerva, Ares/Mars, Apollo, Artemis/Diana, Demeter/Ceres, Hephaestus/Vulcan, Aphrodite/Venus, Hermes/Mercury, and Dionysus/Bacchus or Hestia/Vesta. There are also 12 days of Christmas, 12 astrological signs, 12 months in a year, 12 hours in a day. The human body has 12 cranial nerves and 12 thoracic vertebrae. When you look at the Map of Ascension, you will notice that the first seven levels of the twelve relate to the energy centres within our body that connect with the field. This system of light is called different names according to the culture; prana, chi, energy, wheels and lampstand.

The true Source is loving and compassionate and cares for all people.

12 Steps To Oneness

Turning Our Seven Vices Into Seven Virtues

Turning the dark to light is a form of alchemy and it is what happens on our hero's journey or 'Yellow Brick Road'. As we turn away from what feels dark or evil and towards what feels good and pure and helps us to be safe, creative, empowered, feel loved, speak our truth, have accurate insight and be connected to our 'higher self'. It is my higher self that is writing this booklet now and it is my soul self that initiated my awakening journey back in 2012. I connected to my intuition in 2012 on a 'Power to Succeed' course to find out what was blocking my business, I activated my heart when I stepped out in courage and left the situation that was not serving me and I activated my inner eye in 2017 when I started having extreme amounts of visions and dreams and received gnosis of all my supernatural abilities. I had always had intuition, synchronicity and visions and dreams but I was not conscious of it and unable to direct it to help me to become the best version of myself and help others do the same but when my Lightbody or 'garment of light' was activated I had access to the 'Chrism' and Serotonin in meditation known as the milk and honey, this allowed me to stay in the I AM presence and be protected from negative thoughts and feelings.



12 Steps To Oneness

Why Raise Your Consciousness To Become At One?

Right now in the world people are waking up to the chaos, cataclysms and confusion and realise that they have allowed other people to take the reins and give away their power. Most people do not like to be told what to do especially if it hinders us and we can see that there are huge inequalities in the world. We become aware that there are serious poverty and suffering and yet a celebrity lifestyle and frivolous waste by those that have money and seem to ignore the needs of those who really need it. Making this change is about changing the lenses of the glasses that we are looking out of. A more empowered perspective would be that when it gets uncomfortable enough, people make a change and right now life is becoming incredibly uncomfortable for a lot of people.

When any local crisis happens like a tsunami or fire we see communities pulling together through courage and making a change, equally a lot of creative expansion comes out of a crisis. Therefore we are living in a time of transformation. The Bible calls this the time of Jonah as it is about the act of running for your life, facing your biggest fears, and being swallowed up by a situation that is overwhelmingly covered by water. In spiritual terms, this relates to the Jonah and the Whale story, the waters represent emotions and being swallowed up by a whale is just how it feels to be overwhelmed. However, after some inner teaching and spiritual guidance, we leave the experience ready to help others with great love, wisdom, power and amazing testimonials.

These stories can be looked at as allegorical; Jonah went into the Belly of the Whale for three days and three nights and transformed, Christ, resurrected from the tomb after three days and three nights and so on. This transformation of the hero who overcame a fate worse than death is played out in most stories, films and life adventures. Joseph Campbell described it as the hero's journey, explaining that even though we are taken into the depth of hell, we always arise with new birth.

12 Steps To Oneness

This is the dawning of new birth for mankind where we are being asked to go within, find our own truth and come out with a new purpose-led mission which creates love, peace and abundance for us and insight for others. Through what is known as mysticism, we find our truth and purpose through inner learning and revelations and the truth sets us free. No longer are we slaves to the bondage of working for a paycheck every month when we can imagine and create our best life, no longer do we have to make someone see our worth and value when we step into it and others come to us for guidance and help and no longer do we have to ask others for validation regarding projects as we have all the inner guidance we need.

This transformation is clearly divine and magical and led by something far greater than our small ego- attached minds.

12 Steps To Oneness

Ask And Ye Shall Receive

When we use the whole of our body to link to field of creation and the creator itself, we can literally just put an order in for what we want and it is given. Part of my expansion and my mission was to understand the text of scripture and to understand the meaning behind it to help others understand the gnosis or knowing without the religious mind control and suffering. I have been through my own dark night of the soul many times, which is the process of creation itself. We cannot have the steam to fuel the train if there is no water poured on the fire. A raging fire is what is going on in the world right now and water is the healing light that comes from within us which gives us the solution. I have many divine miracles and revelations to share as do each of us.

Every one of us has been given a seed of information that they are required to plant, water and grow into a tree, we are all part of this giant puzzle called life, we are all needed and necessary and together we can grow a forest that will oxygenate the world. This is referred to as the Tree of Life, a spiritual symbol known throughout the world as it represents the connection to the earth and all other beings, the seasons of birth, life, death and rebirth and the surrender to knowing that when left to nature, living things function in perfect timing without having to hustle or strive or fight. This is a learned behaviour that humans are now leaving behind. I have created a meditation which helps you to surrender all the shame, guilt, apathy, grief, anger, wanting and pride down to the earth so that you can connect to something better that is already within you, that is courage, willingness, love, joy and peace.

Tree of Life Meditation

<https://www.1111powerofone.com/product-page/tree-of-life-light-activated-meditation>

12 Steps To Oneness



12 Steps To Oneness

How Do I Raise My Consciousness?

Without realising it, all change within us goes on through the mechanism of our subconscious mind, so the most important aspect of this process is about making our unconscious thoughts conscious. Thus we make our words, emotions and actions all conscious so that we can be aware of how we are operating and be observant of what we are asking for. All fear for example comes up to be seen and removed so this process requires what I call the three A's; Acknowledge, Accept and Ask 'what else can I do to make a change?'. When we realise that every situation that we face, whether that is good or bad is due to a conscious decision, even if it is just a perception that we are choosing, we have the power to change it. The key then is found within us, it is the love and respect we have for ourselves and the world to make the decision to take our power back and make a change rather than suffer in self-defeat.

Many people start making conscious choices about their physical bodies instead of feeling like a victim of it and then they transform their thoughts and emotions. This naturally leads us into a spiritual transformation where everything that was hidden comes up to be seen. This 4D realm is followed by a 5D realm of bliss and love and continues into magic and mystery, synchronicity and wonder. We are encouraged by our internal celestial guidance to create our own heaven on earth whilst being lifted into inner peace of the I AM presence. Everything that could have been an obstacle moves out of the way as we remove the blocks and limitations are effortlessly removed with each focused meditative practice. Once you learn the tools to navigate each stage, ascension becomes more like a game than a challenge and the benefits of living with guidance, fulfilment and the ability to receive unconditional love are so worth the effort.

Love is the key, the door is the heart and all we have to do is walk in. We go through the heart to change our subconscious beliefs through meditation and relaxed state reprogramming which clears the old programming of defeat so that we are free to install new programming such as 'I can do it'.

12 Steps To Oneness

Often the distortions are due to wounds that we have suffered which cause us to believe that we are not worthy or do not have the power, it is important to be loving and gentle with ourselves when going through this healing process. It is love that heals us and activates the light within us which is why religious books say 'God is Love'.

To reach that state of love for ourselves may seem impossible after we have gone through a lifetime of pain and self-blame, yet I am asking you to leave all that at the door of the heart right now and enter into the 12 Dimensions within you. You will come out the other side feeling refreshed and renewed. By going through this simple technique any time you need a rapid transformational change of perspective, do it three times a day if you need to, remember, you hold the key', no-one else can do this for you. This relationship is between YOU and your inner Light, finding our way back and hearing the TRUE word within is easy when we know logically, emotionally and spiritually how to discern the truth.

The 12 Steps To Oneness Webinar will cover each stage of the Map of Ascension. You will learn about; the bodily symptoms and DNA changes you face on each level, how to deal with them, how to clear limiting beliefs and distortions on the DNA, healing the past to heal the present, seeing into the future, bilocation, telepathy as well as learn about the heart activations and upgrades that happen and why. You will learn which spiritual gifts get switched on at which level and how to achieve the state of Oneness even in as you go through the darkest spiritual battle.

This information was only available in the past in the deep mystery schools of the mystics and ascended masters, yet now Ascension is going mainstream so that many more humans can restore and resurrect their Lightbodies to once again become interdimensional beings of light who can be guided by a higher light, a higher purpose, heal and manifest all that is required. These are the times of transformation and the miracles of the ONE are ours to experience when we go within and follow the 12 Steps to Oneness.

12 Steps To Oneness

We are all responsible for clearing, healing and activating our own DNA through the Christ Light within us. The 12 Steps to Oneness helps you to become aware of what our internal and external world is showing us and as we learn to the TOOLS to navigate that path we make the process faster and easier and can RETURN TO ONENESS at any time we are lost in the dark. The Webinar gives you insight into what you are not yet seeing, the revelations are being revealed at this time so that many more can RETURN TO ONENESS.

Catch the information on the Webinar below and ensure that your 'Yellow Brick Road' a joyous adventure rather than a scary thriller. I look forward to connecting with you and wish you all the luck and so much love as you venture within to find the key which unlocks the Way back to the hearth of your true HOME.

Download the Map of Ascension and Compass experience [HERE](#) and BOOK on the Webinar at the bottom of the page:

<https://www.1111powerofone.com/challenge-page/55c30429-f780-4270-9095-f099a4f80922>

Join me in the Webinar for a complete Navigation of the Map and to find out more.

12 Steps To Oneness

Why Join The Webinar?

For Spiritual Seekers and Truth Warriors who are overwhelmed, confused or tired of endlessly seeking information on the Ascension path, my inner Light has created an Ascension Map, Compass and Navigation Tool which I am now ready to share with the world. It is called 12 Steps To Oneness. This system removes the lower states of consciousness to help souls to RETURN TO ONENESS. It is important to remember that Oneness is found within us and that God and Goddess energy is about holding space for others to go through their own journey without judgement or overriding their inner truth.

Therefore as I invite souls into my revelations, please only attend if you resonate with this information below. If you do not, then please let it fly. As I always say; go with YOUR OWN DISCERNMENT rather than blindly following the truth of others - go WITHIN to find yours as everyone outside of YOUR OWN INNER LIGHT is a false prophet. Light is information and I am merely sharing the information that I have had revealed to me in this time of revelation so that others can expand their conscious awareness and discern what is true for them. Download the Map of Ascension and Compass experience [HERE](#) and BOOK on the

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12 Steps To Oneness

A New Earth Timeline- Nov 2019 Channelled Message From Source

Spiritually awakened people know that to be transported to the New Earth and ascend people need to activate their five-strand DNA to get to Dimension 5 (5D) and most understand that the true source's love is unconditional and that death is an illusion. Below is a Christos-Sophia Light channelled activation that was recorded on the 17th Nov 2019, please sit back, relax, absorb and enjoy the frequency.

The Christ within is something to be accessed and sought for, it is something to be uncovered. It is not there of a natural form within the human body system. It is something that requires self-seeking, inner wisdom. First, preparation of the body-mind and preparation of willingness, before a spiritual seeker can step into the realm of discovering the truth. Because there is much darkness within the human body system, much darkness is trapped within the third density of human existence. This plane is set up this way because of the fall in consciousness.

Life has the ability to be beautiful, all life has the ability to flourish into beauty. It is within your own DNA; all codes and impressions are within the seed of your very being. You too can grow into a beautiful tree of wisdom and beauty and splendour. It is your own growth that determines how you will use the information that you have stored within you. You can choose to take a route of exploration, or you can choose to focus and fix on the material.

Either way, it is your choice. I am here to instruct and guide, but not to make choices for you. I can only assert wisdom, through each one of you, so that you can make the conscious choice, which will take you forward in your journey of life. It is up to each of you to express this divine wisdom and I will express to you, how important it is for each person to know how important they are within the whole within the One.

12 Steps To Oneness

This is forgotten when you arrive on to earth because, it is something that you will need to discover, as you go through your life process. Many people will have a heart opening at this time because, there are other forces coming onto the earth at this time, in order to awaken individuals who are ready to awaken. Not everybody is ready to awaken. Some of those that you know of as angels, or guides are here to help you transfer to a new way of thinking and feeling and being in your world. They will encourage you with information and give you gifts of the spirit to help you integrate these new energies into your thought forms and into your lives, daily tasks and into your relationships with others.

Do not be afraid of these new energies that are coming in. They will be helping you shift from a vibration of a low density, or fear spectrum and upgrade into a new way of being and thinking in the world so that you can help each other; humankind/humanity, with compassion and grace and serve the will of God. God, as you know, is loving and compassionate and cares for all people. Not many will come to God at this time because humanity is asleep and in a very dense and conditioned society.

Not many people can see the truth of the light, awakening is like being in a very darkened room; you have to squint your eyes, in order to see anything and therefore, with the eye shut, what can you see? Nothing, however, when someone walks in with a candle, you look at them and you see their light, and you are attracted to them, and you will walk towards them. It is important that you are seeing yourselves as light at this time, to guide those who cannot see. They will be blinded by the light at first because their eyes are so tightly squinted shut. However, give them time, give them encouragement, love them, help them, be there for them, they will see in time, the truth of the light.

12 Steps To Oneness

It is always painful for people to wake up from the darkness, because the restrictions on the heart, have kept them imprisoned for a long time. It is then therefore difficult and painful to stretch, after a long time on lying down so to speak, after a long time of inaction, and then for a muscle to suddenly to spring to life, it will start off very creaky and painful and stiff, because it is not used to this new way of being. Therefore, allow each soul to take their time in awakening and adjusting to the light. The physical vessel will take time, I am saying, to transcend to the new structures internally and externally. So the energy system is within a larger energy field, and this energy field connects to the human field, however, your field is connected to a new field of energy, and it will take your system some time to recalibrate and adjust to these higher vibrational connections that you will become accustomed to over time.

This new energy will encourage you to expand and stretch and become powerful within your own being. They will unravel codes within your DNA, and you can entrust my service and the service of your divine guidance to allow this unfolding to be supported and your system to rest into that harmony and balance of the one whole. It will take some adjusting because the energy is very vibrant, very high frequency, very different to what you are used to, or have been used to in the past. This is, if you like to consider it this way, as I know you do Sally a 'system upgrade'. Like any computer system, you will find that it will run faster and quicker and more efficient and will be present in the moment, instead of taking hours and hours to come online. So, if you imagine yourself, waking up in the morning, instead of taking time to stretch and get out of bed, as you become more easily calibrated. As you calibrate your system to this new field of energy, you will find that every day, you have more energy to get up and get going quicker and respond to everything within the moment.

12 Steps To Oneness

This is about allowing your old self to die and allowing the birth of new self. New self is in the moment, acts without thinking and without fear. It takes time to adjust to new energy because this is something that your system is not used to in the past, in third-dimensional energy, humans have been very fearful of performing in front of people, however, this is not performance, this is just expression and a pure expression in that, it is truth. So, to express one's truth is not possible within a 3D fear system, because the energy of fear holds one back. However, within the system of high density and new calibrated energy, it is possible to just express the truth and just be truthful and honest and clear about who you are as an individual, according to your own God-given DNA, bonded structure, the life form program that you came into life with. So, this is why then you find it easy to express truth when you are in a higher energy system, energy is vibrating at a higher frequency and therefore there is no resistance, no sabotage, no holding back, only truth spoken with grace and honesty and harmony and balance.

All systems must upgrade at some point, humans will choose whether to take this choice point to upgrade their system to these new energies that are now coming onto the earth. Anyone is welcome, all divine energy can be accessed by all human systems, there is no external blockade to a system that chooses to upgrade, there is only internal blockades that a system puts on itself. Therefore if a system chooses not to upgrade to the new system and take part in the higher frequency energy and connection to the divine soul of the Christ body, that is a choice that soul will make for themselves.

We are One, we are the source light, we are the energy of the new system. Anyone wishing to partake in the new system will be transferred and transported with grace and mercy to that other-dimensional realm of being, once situated within this field, no system can be downgraded. Upgrades are permanent and can be seen as a gift from the Christ light.

Thank you for this transmission of my voice to anyone who wishes to accept at this time. With Peace, Love and Truth.

The Office of the Christ.”

12 Steps To Oneness

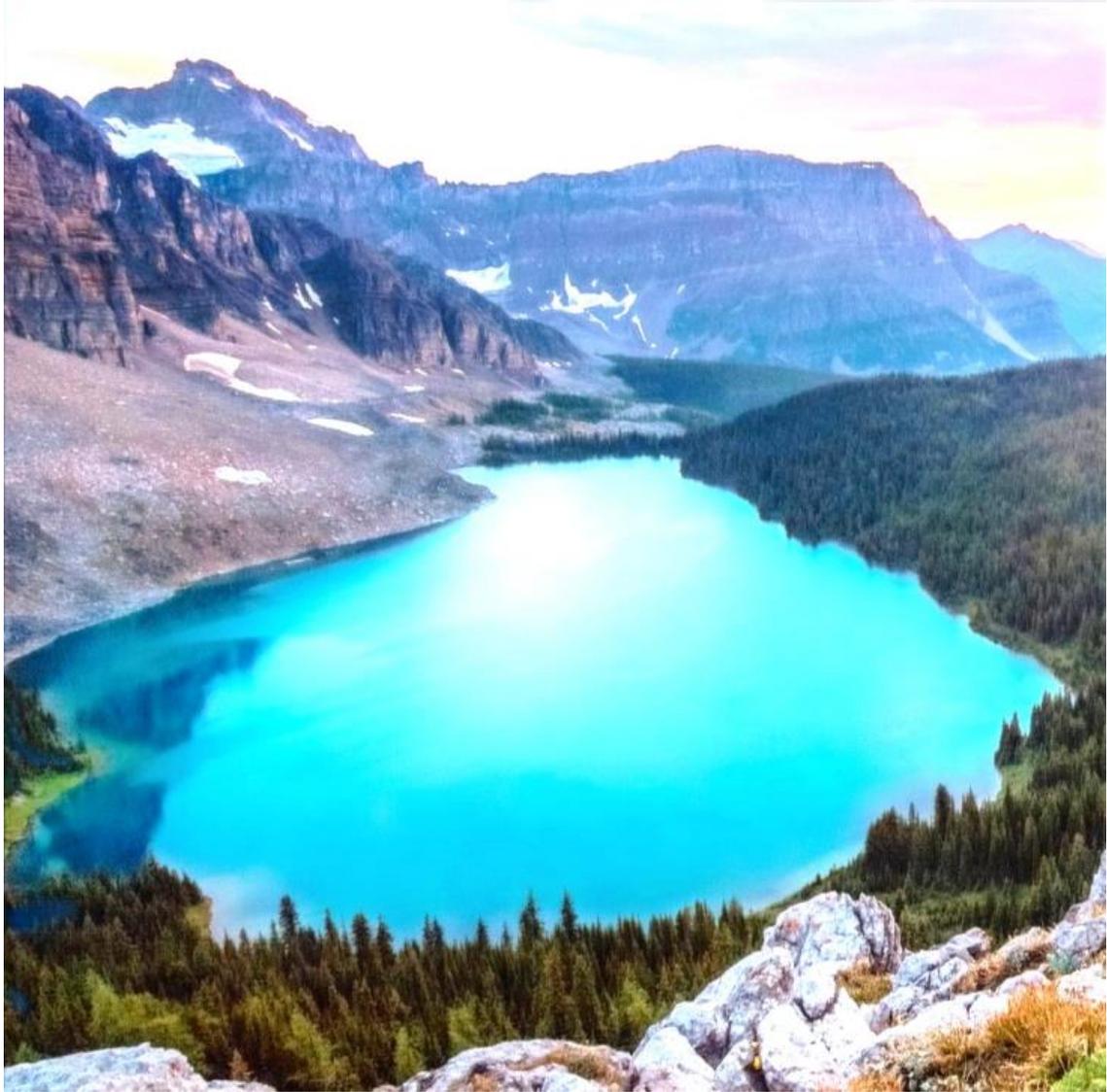
These Light activated messages from the divine are being brought into earth at this time to raise the consciousness of the planet and allow others to know that there are both malevolent and benevolent beings that exist beyond the holographic matrix veil that we experience with our five senses. When we go within with the spirit of TRUTH, we are able to clear out any old programs and limiting beliefs that prevent us from acting in courage, we are able to heal any distortions and wounds from the past and we are able to activate our inner kingdom of heaven within so that we can RETURN TO ONENESS.

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12 Steps To Oneness



**Take The
12 Steps To Oneness
To
RETURN TO ONENESS**