

Establishing Ascension Day - April 24th The Spirit of the I AM Moves Through the Soul of All Things

This information was received while I was in India. Lord Metatron explains the importance of the 24th of April as the Ascension Day. This being the first of many ascension days to follow in the years to come, bringing the heightened energies of Ascension to Earth and integrating it for one year until the next Ascension arrives in 2006. Metatron gave us the information one month before the date to prepare the energies. You may start the energies at any point that you receive the information and continue from there. Do not concern yourself where in the month or the year you begin because these energies are coming forth in a gradual process and build up to heightened phases as we proceed through the year.

You can pick up the energies at any point and begin. The purification is very beneficial. I have been using the salt and lavender bath/showers with great results. Usually after a long plane trip in too many cramped quarters with lots of people, I brew and agonize for a few achy days and sleepless nights. I used the salt and lavender shower as instructed and could feel all the excess unwanted energies peel off of me with no effort on my part and slept well too.

Please remember also that another portal of energy is waiting to greet us on 5/05/05. Five is a number for freedom from bondage and change. Expect many changes (all good, great even!). When three fives line up it brings us to the creative forces and manifests things faster. The 5th of May is also the birthday of Lord Buddha and the month of May is Mother Mary's month. Bathe in the energies of Buddha and Mother Mary and ask for a boon or a gift (or two or three) on those auspicious days. Remember to pray, pray, pray as Mother Mary would recommend and ask for all good things.

In great joy and in the light of the I am. Nasrin

"Even if you read or become aware of these exercises in six months time and you're in the middle of September, October, November, first you must start." - Metatron

Beloveds of my own heart, I am Metatron. Take a deep breath with me.

A new energy will begin to come, whose span of influence is for the entire month of March 24th going into the 24th of April, which I now call the Ascension Day . . . Ascension Day for the earth, Ascension Day for humanity. The 24th of April of every year will be considered the Ascension Day from the Ascended Masters' point of view, from my point of view.

What do I mean by the Ascension Day? The Feminine Principle of Existence descends upon humanity. The presence of the I AM descending upon humanity, entering into the body of matter, materializing spirit, entering into the world of physically manifest energy vibration. This is an important turning point for all humanity. Another step into the process of materializing spirit. Another step into opening the heart, realizing the Self, remembering the true Self. Aligning the true Self with the Supreme Self. The true Self - the I AM, the Supreme Self - the Paramatman. The true Self - the Atman, the Supreme Self - Para-Atman. Beyond Atman.

The 24th of April is a day where the Supreme Self will open up its heart to be received by the Self of all souls. The self of the planet, the Self of the solar system, the Self of the galaxy, the five elements, the heart of all people, places and things, the heart of all souls. 24th of April is the day that the spirit of the I AM moves through the soul of all things. This

year (2005) you will feel that movement differently from every year after it, and this year will set the pace for the next 1000 years and obviously, beyond. Why is it obvious that it sets it for beyond the next 1000 years? Because this year is the beginning of the 1000 years of peace. Whatever the nature of this peace is going to be from the very beginning, it sets the pace for the next 1000 years. And whatever the pace of that 1000 years becomes, that sets the pace for the following thousands of years. 1000 multiplied by 10. This is why I stress the importance of these days that we are moving into.

Wherever you are on the 24th of April, it's a day of celebration, it's a day of ponderance, a day of remembrance, a day of contemplation and reflection, and a day of prayer and vigilance. As of today, we build for one month to receive the energies of the 24th of April. And, for one year from the 24th of April, we will prepare to receive the decade which marks the beginning of the 1000 years of peace as the first decade of peace. We are now preparing for that decade by every day encouraging the Paramatman Light, the Supreme Self, to enter in the space of the heart, by encouraging the I AM Presence, the true Self to enter into the body and beingness, by inviting the Supreme Light which is the Paramatman Light to enter into the body of all things, materializing the spirit of the oneness, the spirit of the Self into the body and the beingness of all things.

The energy will be anchored in yet another level of reality in the form of written material. Moving from words that are heard and remain in etheric format to the words that are heard and brought into the physical manifest will help to anchor the energies into yet another deeper level of existence.

To prepare for the 24th of April, we will plan together. We will cleanse the body, clear the emotions, still the mind, purify the spirit, and invite the entry of the soul by intending our beingness to reach for the highest divine purpose. Desiring, intending, wishing to form a body of matter that is closely embodied by the essence of the soul, by the true Self. If the true Self was to represent soul's embodiment of this body of matter, then the full embodiment can become the anchoring of the true Self of the soul within the beingness. This is the meaning of a soulful person. When the body and the beingness is brimming with the effulgence of the soul, when the soul is overlapping, overextending, illuminating itself in the body and the beingness of a human being, that is a soulful person.

Various examples of soulfulness is a singer who sings and touches the soul. That singer fills herself or himself with the beingness of the soul, therefore when they sing, you can feel the soul entering and emerging from their voice. Another example is a dancer who dances with pure soul. When they dance, you feel the essence of the soul. You feel the soul moving through the body of the dancer. You can listen to soulful music when all the people who come together to participate as an orchestra touch their own soul and soulfully perform, these are all examples of soulfulness.

The important point, however, is how can one touch that soulfulness and maintain the presence of the soul within the body and being - not for a moment, not for an hour, not for a performance, but for a lifetime? How can we merge into the presence of the soul and remain vibrant in that soulfulness? How can we invoke, invite the soul to enter permanently? How?

With great loving heart, with great perseverance, with great patience, with acceptance that it will happen. Soulfully. Patiently. Gradually. It will happen in steps. The first step is you hold onto the soul as you fill your beingness with that higher vibration for a moment. Then you extend that moment for an hour. Then you have a few of these hours of soulfulness throughout the day. Then the edges of these hours touch, and it becomes a wave that ebbs

and flows and finally it flows and flows and flows and flows yet again, without stopping. It emerges from the Paramatman Light, the source of the highest light. The source of the Supreme Self. It illuminates the human self, first for a moment, then for a few moments, and finally for eternal moments of communion in the body. Materializing the body, illuminating it with spirit.

When the soul enters, that is the indication that the spirit is arriving. Soul is the vehicle, the spirit is the breath. When you fully prepare the vehicle the breath will come, whether that vehicle is your own body, or the body of a blade of grass, or the body of Mother Earth, the body of a mustard seed, or the body of the cosmic conglomerate. As above, so below. As within, so without. And here we are, on the 24th of March, 2005. With one month to prepare for our entry point. Wherever you land on this ladder of light on the 24th of April, that's your diving board.

PHYSICAL BODY – INTENTIONAL BREATH

Imagine what to do for the body. Let's begin from the zero point. What to do with the body. Lighten up the body. Breathe. In the same way that you eat three times in each day, you give yourself a five minute deep breathing exercise time before each meal. This way you will remember. And if you don't remember and the meal is over and then you remember, you give yourself a five minute deep breathing time then. And if you don't remember and you remember two hours later, you give yourself a five minute deep breathing time then.

How to breathe? Four deep breaths so deep that you can feel it from the base of your spine to the top of your shoulders. Long, deep breaths, inhalation. And long slow breaths, exhalation. As long as you can make it. As each day goes by, you will see that you can make it a little bit longer and a little bit longer and a little bit longer after that. The first few days, you may start seeing stars in the horizon of the tv screen behind your closed eyes. And that's perfect. Gradually, the long deep breaths, inhale and exhale, will fill you with light.

Mantra for Intentional Breath

With each inhalation, say:

**I AM the Paramatman Light.
I breathe the Paramatman Light.**

With each exhalation, say:

**I become the Paramatman Light.
I AM the Paramatman Light.**

Or you can say all 4 lines together for each inhalation and all 4 lines for each exhalation if you are able.

First deep breath. Say the mantra. Full inhalation. Then, slow, rhythmic exhalation. Pursing your lips with the exhale as though you are about to whistle and let the air move slowly and gently through your slightly open mouth, as if you want to push the breath out, but your lips are holding a very small portal for its exit.

Second deep breath. Deep inhalation as you're saying this mantra. Deep slow exhalation through pursed lips as though you want to whistle through slightly opened mouth. Third deep breath and fourth deep breath follows.

After that, take three normal breaths, whether you want to pant fast, whether you want to take shallow breaths, do whatever normal breath means to adjust the body to the entry of the presence of Paramatman into your body.

A normal breath at the very beginning of the month long exercise may be a very different kind of breath than a normal breath that has been adjusted after thirty days of exercise. The normal breath itself may become a soft, smooth, long breath. **The normal breaths are meant to bring focus back to the body. The deep breaths are meant for the Paramatman Light to enter into the body. The four long breaths are to awaken the body to the entry of the soul. The normal breaths are to adjust to that awakening. And the intention is to remind the self, the body, the mind, the emotions of this important event.**

PHYSICAL BODY – EXERCISE

Every movement of the body in a way that can expand the body, stretching, tapping, jumping, jogging, running. Awaken the physical body in whatever form for each of you individually that may be possible. A runner may have to run the same mile slightly faster to remind herself that the exercise physically is to make way for the re-entry of Paramatman Light. A sedentary person may have to take a walk, a leisurely walk, to remind herself of the same truth. And everyone in between will have to do whatever their truth may be, in allowing the physical body to exercise itself as a reminder at cell structure of the re-entry of Paramatman Light. **The five minutes of breathing is meditation and reflection, the 15 minutes of physical exercises is opening the gateways of the body to receive the Paramatman Light.**

PHYSICAL BODY – FOOD INTAKE

Eat very, very light foods. If you could become a fruitarian in an instant, that would be the ultimate exercise. But for many of you, it is not possible. Your body's become toxic from eating different types of foods, going from full-fledged range of foods to fruits only will bring the toxicity to the surface and will make you sick. So if you are 100% vegetarian, make fruits a larger percentage of your food intake. If you are 100% meat and cooked food eater, with hardly any raw vegetables and raw juices and raw fruits, then begin from 1% to 10% to 15% to 20% and make it an intention to move on that path, 1% increments and gradually increase the percentage. If you are used to eating three solid meals of cooked foods that are bulky in nature, a hamburger and fries and a coca-cola for lunch, then think of the possibility of incorporating an item, one item of fruit and gradually move that one item of fruit to replace some part of that meal. So if you are skipping the bread around the hamburger, the apple can replace that. Or a salad can replace it. Gradually, if you always eat a salad with some chicken, then have that salad with a few nuts instead of the chicken. Or reduce the amount of chicken and increase the amount of raw fruit, vegetable, or nut protein, bearing in mind that nuts are acidic in nature.

I'm not asking you to make dramatic changes if your body is not coping with it. I'm asking you to make changes that your body can allow you to make without crises. I'm also asking you, that if the crisis starts to build up, don't be afraid. If, after one week of doing so well, suddenly all that your body wants is a hamburger from a fast food place, and it becomes your focus to the point where it is incapacitating your mind, then by all means, go to a fast food place, eat a hamburger, let it sit on your stomach. Then your mind would let go of the idea of the hamburger. **As the energies become lighter, lighter food become more palatable.**

PHYSICAL AND AURIC BODY – BATHING WITH SALT AND LAVENDER

Next on the agenda is the bathing of the body. Every third day, take a salt bath. And preferably do this at night, before you go to sleep. Epsom salt, sea salt, mineral salt, rock salt. Failing all of that, kitchen salt. A spoonful of kitchen salt can do wonders for your body if the choice is that or nothing. If you can, put the effort into good quality rock salt, mineral salt, sea salt, even Epsom Salt, and obviously last on the rung in the ladder is table salt.

If you are a shower person, take a liter bottle or jug, doesn't have to be fully a liter, can be less, can be more, put a tablespoon of salt in it, shake it. At the end of your shower, turn the shower off then douse yourself from the top of your head to the bottom of your feet fully with the salt water. Leave the salt on your body. Add 6 drops of Lavender Oil to one liter of water, dousing from the top of the head to bottom of your feet. So you walk out of the shower with the lavender in a layer filtering your body, sitting on top of every pore, every breath that your skin takes, it is taken through the cocoon of the lavender. Don't vigorously rub the towel on your body. Be aware that you are dripping with lavender oil. So tap yourself dry very gently. Go to bed with the lavender in your auric field.

If you are a bath person, put it in your bath. Do the salt first to clear your body completely of all the energies that are being released and that are being released from the body of Mother Earth and other human beings, and then do the lavender. At this point you've turned off the shower or you've completely come out of the bathtub, standing in the tub but the water is drained. You douse yourself with the lavender oil diluted in water. And then you pat yourself dry. Don't vigorously rub the towel on your body. Be aware that you are dripping with lavender oil. Go to bed with the lavender in your auric field.

When you take the salt bath or shower, make sure the palms of the hands, the tips of the fingers and the bottom of the feet are doused in the salt as well as the lavender. So at the beginning of making your bucket or jug, you want to put your hands fully into the small jug or bucket. If it's one with a tight bottleneck, then just pour it on the palms of the hands, rub your hands together for the tips of the finger, and then lift up each foot and gently pour some to go on the bottom of the feet all the way to the tip of the toes and the edge of the sole of the foot. Both feet. And do this with the salt and with the lavender.

MENTAL BODY AND EMOTIONAL BODY - HEALING

For your mental body healing, when you catch yourself belaboring a point, stop and say the mantra. And breathe deeply.

**I am the Paramatman Light.
I become the Paramatman Light.
I embody the Paramatman Light.
I am the Paramatman Light.**

For your emotional body clearing, when you find yourself deep engrossed in the highs and lows of emotional influences, stop. Take a deep breath and offer that emotion for clearing by saying the mantra:

**I am the Paramatman Light.
I become the Paramatman Light.
I embody the Paramatman Light.
I am the Paramatman Light.**

To clear your mind, think less. Become the observer. To clear your emotions, watch the highs and lows of your emotions and don't participate in them. Watch the thoughts or emotions ebb and flow and get out of the flow. Snap out of it. When you harness an emotion, you simply jump out of the emotion, and it has no hold over you. And you are in control. You are in control of that emotion. That emotion is no longer in control of you. War and conflict is created when the emotion takes control of you. Within the individual self and within groups, conflict arises from the emotions taking the upper hand within the group members. Even wars are fought based on emotions taking control.

SPIRITUAL BODY – CLEANSING (also see Mobile Candle Altar at end of reading.)

For your spiritual body cleansing, light a candle, preferable at night, for a few minutes before you fall asleep. The first two weeks light a white candle for the return of purity and innocence. The second two weeks light a deep purple candle the transmutation of all dross and all duality. Light the candle after you've taken your salt and lavender bath on the nights when you do the salts and lavender. And, light a candle after a normal shower or bath, on the nights that you don't need to take the lavender and the salt bath. Do your last five minutes of meditation with the breathing exercises.

Plan to light the candle for one month from whenever you start. If you start today, do it for one month. The first two weeks, light a white candle for return to purity and innocence. The second two weeks, light a deep purple candle for the transmutation of all dross and all duality. If you start ten days from now, still do it for two weeks.

It doesn't matter where in the course of the month you begin, and how it relates to the 24th of April. Even if you read or become aware of these exercises in six months time and you're in the middle of September, October, November, first you must start. Where do you start? By starting the practices, and lighting the white candle for two weeks for the return of purity and innocence and then lighting the purple candle for two weeks for the release of all negativity and impurities and the transmutation of the duality.

RECAP

Breathing exercises, repetition of the mantra, physical exercises, eating raw fruits and raw vegetables and incorporating the energy vibration of raw fruits into the body. Starting from one percent raw to 100% raw in your final fruit diet. Depending upon where you are at the point of your start, to clear the energy of your environment, burn the candle, white for two weeks, purple for two weeks. To clear the energy of your body, use the salt bath followed by dousing yourself in lavender oil.

We have physical body clearing, we have emotional and mental body clearing, we have auric body clearing, and we have the spiritual body clearing. The mantra and the breathing clears the body for the spirit to enter. All of this together is the process of materializing the spirit. We are materializing the spirit to bring the ascension to the body and the beingness and through each individual human being that ascension can come to earth.

All of these exercises will continue to be valid at any point from the 24th of April of 2005 until the 24th of April 2006 and beyond.

MOBILE CANDLE ALTAR

For those who are unable to make an actual candle altar, if the altar isn't practical, you can start visualizing the candle grid in your heart. Right here, right now. And we will ask that this candle grid be illuminated as above, so below. As within, so without. That you will be a mobile candle grid wherever you go.

Phase One - Entry

Let us take a deep breath. Envision yourself inside of the palace of the heart. An altar has been prepared. On that altar, we will place a tall, very tall, white pillar candle which will burn for two weeks. It is pure white light and we have put a couple of drops of lavender oil in that candle so as you're looking at this candle flame, you can smell the lavender.

We will now light this candle on the altar in the center of the heart in the name of the I AM that I AM, in the name of the Paramatman Light. Upon illumination, all those beings whose pictures and mementos you have placed on that altar, come to life and support this creation, support this entry phase.

Now begin breathing by inhaling, remember to fill your belly first and then push into your root chakra, fill up all the way to the top, and then when it's time to go from inhale to exhale, purse out your lips and very slowly, let it out. You're doing this and you're staring at the beautiful white candle, and you're smelling the lavender oil.

Let us begin to breathe together. Inhale, long and deep, filling every cell of your body. Repeat inside your head: **I am the Paramatman Light, I breathe the Paramatman Light.** Go ahead and exhale when you're ready to exhale by pursing your lips and slowly letting it out. **I become the Paramatman Light. I am the Paramatman Light.**

Do this for four breaths. Then go to your normal breathing. Remember that you're doing the normal breath for three breaths. **I am the Paramatman Light. I breathe the Paramatman Light.** Can you feel this energy shifting right here, a downpouring of energy, even though we are only practicing? The white candle is illumined.

Phase Two - Release

I want to take you now to the second phase. Let us breathe together one normal breath in front of the altar in the palace of the heart. See that you're moving the white candle to the left hand side and you're going to set up a purple candle on the right hand side. Always, always start anything new with the right hand side.

Place another pillar candle. It's like a pillar of light and it is a vibrant purple color. Make it a darker purple. The darker the purple, the more intensity it will have in transmutation abilities. If the light lilac is the baby aspect of it, the deep, dark purple is the full fledged, grown, senior citizen, wise man, wise woman, chief of the tribe.

We will now light this candle on the altar in the center of the heart, in the name of the I AM that I AM, in the name of the Paramatman Light. And begin first deep breath. Do it at your own pace. **I am the Paramatman Light. I breathe the Paramatman Light.** Exhale. **I become the Paramatman Light. I am the Paramatman Light.** Inhaling and exhaling deeply.

As you move with this breath you see the nature of the energy is different. Whereas with the white candle you had a downpouring of energies, with this purple candle you may feel as though a vacuum is happening, as though something is being pulled out. **I am the**

Paramatman Light. I breathe the Paramatman Light. I become the Paramatman Light. I am the Paramatman Light. White flame is pulling energy in, purple flame is letting energy go. One is spiritizing matter, one is materializing spirit. One is bringing from above to below, one is releasing from below to above.

Be aware we are in the second phase of the anchoring of the Paramatman Light. When you're ready, go from the full deep breaths, into the normal cycle. Something will happen after you anchor the second candle grid. The rhythm becomes smoother and you may find that your body begins to build itself a rhythm as though it's pulsing as it's releasing. With each pulse, which is connected to the heartbeat, it releases something. And as the release happens, envision that around your body in your auric field, that purple colored light is transmuting whatever is being released. **I am the Paramatman Light. I breathe the Paramatman Light. I become the Paramatman Light. I am the Paramatman Light.** Focus your gaze on the purple candle flame. **I am the Paramatman Light. I breathe the Paramatman Light. I become the Paramatman Light. I am the Paramatman Light.**

Now with the candle grid completely illuminated and anchored in the space of the heart you only need to focus on yourself.

I bid you great love until we meet again.
With great love, in the light of Ascension,
I am Metatron.