



**Katalysing & Kreating
Heaven-on-Earth**

**BLISS
AYAHUASCA
TRUTH**

TrailBlazing Ascension

Leão Bliss Cristo

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Table of Contents

LOVELIGHT COMMUNITY	5
LEÃO BLISS CRISTO.....	9
DEDICATION	14
ACKNOWLEDGEMENTS	15
REVOLUTIONISING AYAHUASCA FOR ASCENSION	16
INTRODUCTION	21
PART 1: ASCENSION	23
THE UNIQUENESS OF OUR TIME.....	24
WHAT IS ASCENSION?.....	27
MODERN SACRED TEXTS.....	35
JOY IS THE NEW TEACHER	36
PART 2: AYAHUASCA.....	39
HOW AYAHUASCA WORKS.....	40
INTEGRATION	46
DEEP SHADOW WORK	54
DOSAGE & KARMA.....	58
DESTINY, REBIRTH & EPIPHANY	60
PURIFICATION & DETOXIFICATION	63
PART 3: SACRED CEREMONY.....	66
HIGH & LOW FREQUENCY.....	67
SACRED CEREMONY INTENTIONS	71
SETTING & ENVIRONMENT	75
BLISS GUIDES	81
CEREMONY ENERGETIC DYNAMICS	84
PRIVATE CEREMONIES.....	89
AFTERWORD	90

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Ayahuasca
TRUTH

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Revolutionising Ayahuasca for Ascension

www.BlissEden.CommUnity

LoveLight CommUnity

We, Lara & Leão¹, have created a pioneering approach to accelerated spiritual transformation based on our own direct experience and application of revolutionary multidimensional teachings.

Brazilian and Scottish respectively, we officially founded LoveLight CommUnity in October 2021 in Tulum, Mexico, having met seven months earlier in Florianopolis, Brazil.

Following much past life remembering, we rekindled our multi-incarnational twin-flame consciousness romantic bond and continued forward in divine union, aligned with our pre-incarnate soul blueprints.

The soul evolution afforded us by harnessing the transformative power of the catalytic twin-flame relationship led to the creation of LoveLight CommUnity, now Bliss Eden.

Our mission is to help create heaven on New Earth, Gaia, by building and inspiring a comm-Unity focussed

¹ Here is Lara's and Leão's bio on the LoveLight CommUnity website - <https://lovelight.community/about-us/>

on embodying our true Source essence of unity consciousness.

We aim to propel the global expansion of consciousness in full alignment with humanity's, and the planet's, ongoing shift in consciousness.

We help people remember their divine truth, who they are and why they are here, the coveted Gold Medal in the “game of life”.

Our Approach

A fundamental part of our approach is proclaiming and explaining that Joy is the new teacher!²

Furthermore, we aim to create a conscious commUnity where we share our experience and sources of higher multidimensional truth. We are here to inspire and help other souls realise and remember that they are their own guru and master, no one knows what is better for them than themselves.

We encourage following your intuition above all else as various combinations of teachings and techniques will resonate with different people. The only opinion you should ever take as gospel is your very own Inner-Tutor, your In-Tuition, You. Infinite continuous Trust in yourSelf is the key here.

² Please see the section “Joy is the New teacher” in part 1 below.

For those Indigo Warriors and souls who value analytical processing on their path, we would point you to the modern sacred texts³ and divine reading list⁴.

For the romantic souls among you, the lovers, heartbreakers and heart-achers, we would point you towards the enormously transformational potential of the twin-flame consciousness relationship, where we use revolutionary methods (the most accelerated and advanced techniques on the planet!) for twin-flame manifestation and bonded-couples past life healing.

For the adventurous amongst you, we would point you towards the pioneering approach to divine remembering and future self-embodiment through the Bliss Ayahuasca Method ceremonies, laid out in this text.

For a ready and committed soul, our trailblazing teachings, and techniques, are the most direct and effective methods on the planet for rapidly remembering divine truth and progressing on Your Path of Ascension (also known as the journey of human evolution, spiritual evolution, self-love, lightbody activation, liberation & enblissenment).

We are here to serve others in remembering their divine self and purpose in any way we can. Catalysing, channelling, teaching, guiding, we are eternally open and flexible to support souls in whatever unique way is most effective for them.

³ Please see our website - <https://blisseden.love/blog/modern-sacred-texts/>

⁴ Please see our website - <https://blisseden.love/divine-reading-list/>

Our Vision

Our vision is Heaven on New Earth, Paradise on Gaia.

This can only happen on a grass root, bottom-up basis, with more and more individual souls choosing truth, love, and light for themselves, consciously choosing to walk the path of their personal ascension. Over time this will build and at certain points there will be huge shifts when many millions of souls make this choice during a short time period.

We are here to create The New Library of Alexandria: a digital archive and connected commUnity of higher multidimensional Truth.

This is only the beginning of our creation and sharing, and it is our eternal privilege and honour to serve you beautiful souls in line with our path of destiny.

At all times we are devotedly and unwaveringly committed to lovingly supporting all souls that cross our path that are ready to make the choice for self-love. We know the level of trust, resolve and courage it takes, and we know that by sharing our love, light and truth, we will make the process infinitely more LoveLight and Joyous for all souls we touch.

Thank YOU, Beloveds!

Infinite Love, Light & Blessings,

Lara & Leão

Leão Bliss Cristo

Born in the Highlands of Scotland on 1st January 1986 as Peter Fraser Masson, I had a lust for experiencing all that life had to offer, though the trappings of our modern civilisation led my unconscious aspects astray.

Coming from a predominantly atheist and agnostic family, I looked externally for meaning and purpose. This led me to visit around 80 countries by my early thirties, whilst building a career in London finance which I loathed, though almost paid for my extravagant lifestyle.

Celebrated by others as the “life-&-soul” of the party, I strongly identified with this role, which led me into many problems with sex, alcohol, and substance addictions.

My life changed direction after a romantic relationship with my first spiritual catalyst, twin flame, in Spring 2017.

I shifted from having 0% focus on spirituality, to 100%.

Realising that all the answers I wanted were inside of me, I began to work on myself relentlessly in an effort to

remember divine truth, embody my true-Self and live my dream life.

Truth Trailblazer

This pursuit of truth led me on an extremely difficult path, testing me oftentimes beyond measure.

Through many cumulative months of periodic dry fasting, I was able to live for 25 days and nights with no food, water, or liquids, to the point where my weight stabilised, and I could have continued living like this indefinitely⁵, in a state some refer to as “Breatharian Consciousness”.

I discovered that this, most pure type of fast, is the fastest way to purity. By purity, I mean the level of self-love and light one metaphysically molecularly embodies at the matter and anti-matter level, that being the level of their shadow-side they have integrated and brought into the light of their consciousness, and the level of their remembering and embodiment of their pure divinity.

With unbridled determination, I continually pushed my limits of consciousness expansion through ayahuasca,

⁵ I began drinking water again on the 26th day and started eating on the 30th day. There are a number of humans living permanently like this (seven according to Breatharian World -

<https://www.breatharianworld.com/en/category/breatharians/levels/level-4/> - and undoubtedly others not in the public eye. I had previously been guided by Victor Truviano and was inspired to pursue this path by my fellow Celt, Sophia Waapiti Ra after watching her amazing video - https://www.youtube.com/watch?v=E-t_oK31Je8).

dry fasting, twin flame union - spiritual growth through loving relationships – studying the modern sacred texts, and Divine Expression.

Along the way, I was brutally “exorcised” during an ayahuasca ceremony, which included clean-breaking the largest bone in my hand and spending years afterwards scared of “demons”.

This was my hardest experience of this lifetime, and set in motion an inner resolve, that no-one else would suffer so greatly in their search for love, light and truth, which has now crystallised in physical form through the Bliss Ayahuasca Method.

Only with the astounding guidance received from countless physical and non-physical beings over years, in conjunction with my single-minded focus on self-love, have I come to realise, understand, and embody a paradigm shattering truth:

All so-called “demons” or “vampiric beings” that we experience are, in fact, aspects of our own unconscious, they are our repressed, unloved and rejected “shadow-side”.

Rejecting them keeps them unprocessed in our fields, loving them transforms them into light and catapults us forward on our spiritual paths.

This is grossly misunderstood in all spiritual communities.

Understanding this experientially, is a paramount prerequisite to spiritual evolution: the reason we all chose to incarnate here!

This book explains many other higher-dimensional truths which debunk myths and misunderstandings of the spiritual path, with a specific focus on ayahuasca.

Destiny

Such experiences of exorcisms and extreme fasting have been arduous to say the least. It has taken me considerable time to understand the reason behind my relentless pursuit of truth, and my willingness to do whatever it takes.

As a Capricorn, I was literally born into it, the Capricorn, or mountain goat, being able to ascend the perilous path⁶ that others cannot.

As time went on, I began to increasingly understand and remember more of how my spirit-self had chosen and created my life path before I was born. I realised that I had volunteered to be a front runner and way-shower in the ascension process.

My encoded personality, Enneagram⁷ type seven, is the most addictive type, always wanting more. Once I

⁶ The mighty ibex mountain goat, boldly going where others do not dare!
<https://www.youtube.com/watch?v=RG9TMn1FJzc>

⁷ The Enneagram is a system of personality typing that describes patterns in how people interpret the world and manage their emotions.

eventually healed my human addictions, I became addicted to expanding my consciousness, very much embodying the ancient eastern term, “Spiritual Athlete⁸”.

Just as I was always one of the fastest boys in my city, my incarnated soul configuration has allowed me to traverse the spiritual path at break-neck speed.

My destined blueprint was to learn the hard way, so that I may guide others in more light and loving alternatives.

It has taken time to overcome my deep – past life originated - fears associated with my destined path, though I now embrace it as the true blessing it is.

There is no greater liberation in this life than remembering the truth of who we are and why we are here, and I will do whatever it takes to serve humanity to the greatest of my ability in this pursuit.

The Enneagram describes nine personality types and maps each of these types on a nine-pointed diagram which helps to illustrate how the types relate to one another.

8 Thank you Erin in Guatemala!

Dedication

This book is dedicated to my 95-year-old grandmother, Winnie Fraser Masson, from my birth town of Inverness in the Highlands of Scotland.

Thank you for your unwavering love and support for my entire life. Many of my happiest childhood memories were by your side.

This is my first of many contributions to the literary world of spiritual truth, and I have always wanted to dedicate my first book to you.

The supreme values and work ethic that you nurtured in me have been the bedrock of my self-exploration and discovery, which are themselves the foundation of this book.

Infinite love, light and blessings to you Dear Granny.

Acknowledgements

An effervescent thank you to the multitude of physical and non-physical beings that have supported me on my path.

Another thank you to my beautiful twin-flame, puppy, lioness and co-founder of LoveLight CommUnity, Lara, who's enormous strength, trust, patience, and love, helped create this book and build Bliss Eden Center, during its most challenging times.

Revolutionising Ayahuasca for Ascension

The Human Condition

Most people survive through rather than thrive through life. I myself epitomised a life of escapisms, distractions, and addictions, trying - unsuccessfully - in the years before my spiritual awakening to be happy, and denying my failings.

Many believe this is the inevitable human condition, that we are hard-wired to embody and act miserable patterns of behaviours in some Darwinian evolutionary pursuit.

The truth is that all human suffering comes from one source: the misunderstanding of who we are and why we are here.

We are all God; we have just forgotten.

Our unconscious shadow trauma is the source of all life's misery, it being the buried forgotten aspect of ourselves that we treat with self-hate instead of self-love. "Heaven-on-Earth" arises for each of us when we rise in love with ourselves.

Bliss Ayahuasca is the closest thing to a "cheat-code" or "magic-pill" for taking the direct elevator to "Heaven-on-Earth" for any Earth-Human-Being that is ready.

Why is ayahuasca so lovingly transformative? The answer is myriad, and analysed throughout this book, though in one word, it is "remembering".

Remembering of our divine nature, which of course, stems from forgetting that we are divine. This is the "original sin" the "first trauma" or "true human condition" from which all other unconscious shadow aspects and trauma derive from. As such, divine remembering is the panacea to all.

The "game of life" is to remember the truth that we are Divinity Incarnate, The All Powerful Loving Creator / Creation, and Infinite Bliss at all times.

We set this up to be a very difficult game to complete. We needed to convince our-selves that we were fickle, mortal humans for the game to work!

So how then do we remember the truth of who we are and why we are here?

Bliss Ayahuasca is the most direct, undeniable, and effective method that I have found to wake people up to remembering their spiritual selves and catalysing them forward on their destined life path.

This work is a pioneering contribution to spiritual literature, with many insights and revelations covering previously uncharted territory on ayahuasca and ascension.

It further applies these discoveries to create a uniquely new ceremonial approach to ayahuasca, resulting in more direct, accelerated, loving, and joyous spiritual evolution and remembering.

Ayahuasca's Future

As with all aspects of life during these ascending times, ayahuasca teachings and techniques need a “love-&-light-shake-up”!

In this book we examine a variety of traditional practises, offering high frequency alternatives in their place. Left unmodernised, these practises will act as a “bottleneck” to ayahuasca’s future growth, effectiveness, and contribution to the expansion of global consciousness.

It is our intent that the discoveries revealed in this work will contribute to a transformation in how ayahuasca is understood and approached across the world, and that the practise of these lighter teachings and techniques will, in turn, allow these magical plants to reach millions and billions of new souls in the years ahead.

We hope to inspire people with the Bliss Ayahuasca Method, so that they may create their own flavour, teach others, and contribute to the consciousness and light expansion in this sacred sphere. In this way we intend to nurture the seeds for a CommUnity of New Earth Gaian spiritual teachers, guides, and contributors within the realm of New World Medicine.

We are tremendously excited about the new generation of ayahuasca guides and spiritual teachers who will trailblaze their own path of love, light and truth.

To the Reader

The sacred flow of synchronicity creates an energetic connection or “web” with this material whereby only those who are energetically aligned will attract this book into their reality. If you are reading this, then you are ready for the next stage of your spiritual growth.

And so, we urge you to act, to act now, with GUSTO and VERVE! The spiritual path needs to be experienced; this is the only way. Now is the era, the age, the time to “Walk-the-Walk”.

Trust that you will be infinitely loved, supported, and guided every step of the way, for this is the truth!

Trust that your courage to express your true self and trailblaze your own path will be rewarded with the truest treasure that you cannot even fathom, for this is also the truth!

Be it with ayahuasca, or in any other infinite way, the spiritual path is one of conscious, exploration, discovery, movement, action, and adventure.

Now is the time you get to be the lead star in your own Bliss Blockbuster, with the entire universe gleefully watching, loving, and supporting you...it is an epic in the making!

Godspeed, Beloveds!

Introduction

An integral part of our personal and collective evolutionary ascension process is to open and update our belief systems, in place of higher dimensional truths.

In our new ascension era, the golden age of mass enlightenment, in time, every aspect of life will be reborn in higher and lighter frequency form.

We have infinite love, respect, and gratitude for the plant spirit ayahuasca including all the traditions and people involved since its birth on this planet.

Ayahuasca has been a great servant to the expansion of consciousness in our reality, though there are many aspects of the traditional ceremonial methods which can be improved to make the experience more light, loving, and joyful.

Ayahuasca ceremonies have a reputation for being messy, scary, confusing affairs. We have formulated a new, loving, and enlightened approach to working with the plant spirit ayahuasca, by combining our direct insights and epiphanies with modern multidimensional teachings, channelled in support of our global ascension process.

These advanced multidimensional teachings and techniques completely transform the ayahuasca ceremonial experience for the modern age.

The new approach results in clearer, calmer, lighter experiences, as well as more direct, accelerated and permanently embodied expansions of consciousness.

This book is an in-depth analysis of how ayahuasca works multidimensionally in conjunction with the path of spiritual evolution, ascension, and enblissenment.

Our higher frequency focused approach reduces risk of re-trauma and additional negative karma, whilst supporting faster trauma integration and a more joyous spiritual journey.

Even in isolation, each one of these new discoveries and alternative techniques completely transform the ceremonial experience.

When all are combined, the transformational potential of the ceremony, in terms of healing, spiritual growth, divine truth remembering and Bliss “metaphysical-molecular” embodiment, is colossal.

Part 1: Ascension

The Uniqueness of Our Time

Our planet Earth is currently undergoing her own spiritual evolution. This process of consciousness expansion has seen her frequency, measured scientifically by the Schumann resonance, increase to record highs. This frequency, or tone, is an energetic pulse like a heartbeat⁹ and its continual rise is a cause and effect of the corresponding expansion of consciousness taking place across humanity, and across all consciousness structures on the planet.

During this unique age we are experiencing a shift in consciousness from a third (physical) and fourth (emotional/astral) dimensional frequency bandwidth to a paradisiacal fifth dimensional expression of reality. This rolling up of the dimensional scale, which we experience as reality, from 3D & 4D into 5D is spiritually known as ascension.

Every plant, animal, and human soul, as well as all other flavours of God-essence, are undergoing an ascension

⁹ Please see this blog post for more information - <https://blisseden.love/blog/heartbeat-of-gaia/>

process – be it consciously or unconsciously - in alignment with the collective consciousness of humanity and our planet, 3D Mother Earth, who herself is transforming into 5D Gaia.

This blessed and auspicious period in our history has been prophesied by all major spiritual lineages from the Tibetan Buddhists who call this time Shambala, “the creation of enlightened society”, to the Christians, The Second Coming of Christ and the Book of Revelations, to the Mayans, the end of their long-count calendar, to the Rishis, prophesying the end of the Kali Yuga.

Astrologists have heralded the enlightened Golden Age of Aquarius, when humanity fulfils its destiny to expand its consciousness, by remembering who they are and evolving into spiritual super-humans, creating Heaven on New Earth (Gaia), en-route.

Ultimately, this is the era that humanity begins to fully awaken and remember their divine truth en masse.

Human Spirit

We are both humans having a spiritual experience and spirit having a human experience. As our spirit-selves, we chose to come here knowing that we would have to go to sleep, forget everything that we know, and be unrecognizable to ourselves and each other.

When we are born into our physical lives, we choose to incarnate with amnesia of our true unified spirit selves

and soul matrix¹⁰ past life memory, falsely believing in our separateness. As Omni eloquently explains:

“Each of us is a multidimensional being and you exist as a conscious being beyond the physical whilst you are present in the physical.

Because your current focus and purpose is in the physical, you have only a vague recollection of what is non-physical. As a multidimensional, non-physical being, your consciousness spans many levels of consciousness.

This span stretches from you at the cellular level right up to what you would term as ‘God’.

You could perhaps imagine yourself to be somewhat like a finger of God protruding into the physical realm.

Your being is simultaneously present in the Physical, Astral, Mental, Christ, Buddhaic, all the multidimensional realities, including the Source.

In essence, you have not left the Source; you have simply extended yourself outwards into another perspective of reality.”¹¹

The “game of life” is to remember and re-integrate all aspects of ourselves, moving back together into a state of sovereignty and unity.

¹⁰ An individualised energetic memory store, made up of physical matter and non-physical anti-matter, including mental, emotional, & physical bodies.

¹¹ John Payne channelling Omni. *Omni Reveals the Four Principles of Creation*. Inner Traditions/Bear & Company. Kindle Edition.

What is Ascension?

Humanity uses a variety of terms to denote the path of spiritual growth, including evolution, ascension, enlightenment, self-love, expansion of consciousness, self-knowing, awakening, the lightbody process, and self-realisation, to name a handful.

At this time, ascension is an individual, collective and planetary body process, which at its essence, is the opening of our hearts, increasing our capacity to love, that being the truest measure of spiritual growth.

A collective ascension process is currently being experienced on Earth which is that of returning “home” whilst still in physical incarnation. Due to the high and ever increasing planetary frequency, humans no longer need to leave their physical bodies in order to ascend, as we did in past earth eras.

Ascending within an incarnation transforms the consensus reality ascribed sequence of unconscious birth, life, and death.

Humanity has no clarity on spiritual truth, whatsoever. My personal antidote to that, was my first ayahuasca ceremony.

The truth is that we are eternal multidimensional Bliss-Beings, experiencing a physical reality on Earth for a set of incarnations, to experience, learn and expand ourselves: ultimately for fun! Life is the process of creation, as we are both the creation and the creator simultaneously.

One of my greatest loves about ayahuasca is that only one experience can be enough for an individual to realise part of this tectonic truth¹².

Once an individual reaches the point where they have had a direct experience of their spiritual selves, and they have initiated the process of integrating this into a paradigm of knowing¹³, such that they reach critical mass, having moved past doubt, one can then move onto their next life-changing revelation, and so the infinite process of expansion unfolds.

¹² Although one ayahuasca experience can be positively life transforming by proving to an individual through direct experience, their true spiritual existence and origin, in almost all cases, there is still ineffably more love, light, truth and wisdom to gain from continuing with further ceremonies and, more ideally, becoming addicted to spiritual growth and lovingly serving humanity, in the process!

¹³ For a belief thought structure to have enough mass to be integrated and embodied as a paradigm of “Knowing” (rather than transiently dissipating within the human body/mind system) the belief requires a source of higher dimensional truth or wisdom, whilst one needs to have sufficient direct experience to create enough force or momentum. Continued spiritual epiphany experiences, such as with Bliss ayahuasca, vastly activate, accelerate, and guide this process.

We can choose immortality in this life.

In our age of ascension, this is to realise that we do not need to conventionally “die” in the lifetime, that being the process of aging, worsening health, physical decay, increasing pain and suffering, and eventual “lights-out”.

Rather than going through this process on unconscious auto-pilot, we can engage a journey of improving health, reducing aging /decay rate to eventually zero, and stay in our body¹⁴ as long as we want in this incarnation, before at some point consciously choosing to move to a non-Earth reality for a different type of experience.

Every human-being has the same opportunity to choose conscious immortality and ascension in this lifetime, with the high and ever-increasing global frequency of our ascending planetary body, Earth to Gaia, supporting this mass consciousness awakening.

I appreciate that this is far outside most people’s belief systems, as it was mine only a handful of years ago. Since then, I have survived without drinking liquids or eating food for 25 days straight, which most would agree is a human “miracle¹⁵”. This is simply a by-product of my commitment to spiritual growth and is a tangible reflection of my lightbody level and frequency.

14 By this time the body will have transformed from a matter-based physical vessel to a more anti-matter based light body.

15 A miracle is only something one does not understand and deems to be impossible, that which lies outside of one’s belief system, a light bulb to the caveman. When you open your belief systems sufficiently over a period of time through direct experience, the concept of miracles ceases.

The first step comes in changing one's belief systems, a quick fix for which comes through direct experiences of spirituality. As we are not all master meditators, this is where ayahuasca, and other plant spirits, serve greatly.

There is currently a movement by the billionaire global elite to try and live forever¹⁶ through artificial technological development. This is certain to fail in our lifetime for a myriad of multidimensional reasons.

Ironically, if they looked inward instead of outward, they could find the elixir of life they are searching for.

When we raise our frequency during an ascension process, we move into a unified field of consciousness where we remember that we are all things. This state of unity is our true home, birthplace, and the Source of all creation: Source. As part of the process, we change the genetic and energetic coding within our DNA.

Quantum DNA

Around 99% of our DNA is labelled by scientists as “Junk” DNA, named because they could not determine its function.

This, more aptly termed, “Quantum DNA” holds a universal template for all life, including vast amounts of information that the soul has gathered over many incarnational cycles on various planets and stars.

¹⁶ <https://www.youtube.com/watch?v=-Lcb78d6m7o>

Quantum DNA holds dormant, inactivated memory of our true multidimensional selves. This memory comes back online during the lightbody evolution process and also when drinking ayahuasca, as the plant DMT temporarily activates our quantum DNA.

This memory or knowing can be full awareness of one's previous or future incarnations, quantum or alternate selves, star lineages, as well as ancestral memories and genetic markers.

This memory can also be a feeling of belonging within a particular community, group, or to humanity itself, often including a deep sense of purpose and mission.

DNA Activation

The DNA codes, for humans the double helix carbon-based formation, move into the triple helix crystalline based formation. This means the codes within the DNA change the energetic structure of the physical vehicle from matter into antimatter. Physical organic matter alchemises into pure light. This is the “ultimate alchemy” as it is the golden mean frequency (Fibonacci sequence) that runs through our entire organic system when you reach this Source ascended full self-realised state.

This is the re-integration after the dis-integration. In order to incarnate as a physical human, the energetic soul matrix must dis-integrate, fragment, or separate (in

the sense of breaking down) all aspects of self, aspect by aspect.

When a soul experiences an ascension journey within their incarnation, this includes remembering all of these fragmented aspects of self (also known as “soul fragments” or “pieces”) which initiates the re-integration process as they simultaneously become Source activated.

The “new” individual is then birthed into the DNA crystalline structure, allowing the “higher self” to stream into the fields of the individual in human incarnation.

When this happens, the process is known as “activation of the light body” or “rainbow body of light”. This can also be referred to as “activating the Merkabah vehicle” or “kundalini raising”. It is also known as ascension.

The low frequency energy of fear and limitation fall away, and one lives in an ecstatic state, unified with one’s spirit and with the spirit of everyone else. This is the journey we are all on.

The process is not linear, it is more like music. We move in and out of this unified field as we expand and grow. Oftentimes we feel as though we are taking a step backwards, forgetting our spiritual teachings or losing our grace and spirituality. This is a normal feeling for those on an ascension path, as this is the way awakening, awareness and expansion works.

From Fear to Bliss

Ascension is the change in frequency from fear to Bliss¹⁷. This is the truest, original, alchemy.

In order to ascend from fear to Bliss, we need to face and integrate fears and low frequencies stored within our fields.

What I refer to as the human shadow-side or shadow-trauma is the equivalent to Eckhart Tolle's "pain-body"¹⁸. Tolle defines a pain-body as "the human tendency to perpetuate old emotion" which is accumulated in their "energy field".

Our shadow-side is stored within our unconscious and is also known as accumulated negative karma. This is the energetic residue we incarnate with from the traumatic experiences we have suppressed and buried across all our past lives, with each soul having at least hundreds of past Earth lifetimes on average.

Our unintegrated and unconscious shadow trauma blocks us from remembering our true spiritual selves,

¹⁷ BlissChargedLove = LoveLight & LightLove molecularly, metaphysically, and alchemically, see The Nine in Masters of the Matrix book.

¹⁸ Eckhart Tolle describes the "pain-body" as an accumulation of painful life experiences that were not fully faced and accepted in the moment they arose, leaving behind an energy form of emotional pain which is an energy entity consisting of old emotion. Every emotional pain that you experience leaves behind a residue of pain that lives on in you. It merges with the pain from the past, which was already there, and becomes energetically lodged in your mind and body.

and is the underlying cause of all physical, mental, emotional, and spiritual health issues that we experience in our lives.

When left untreated, it festers like a septic wound, with physical disease created as the material mirrored match, in line with the law of karma and attraction.

When looked at with care, love, and grace, it heals and transforms. This transformation is the essence of our journey of divine remembering on Earth.

Every time a person ascends, it is a unique expression of returning home from the experience of separation. The process is different each time, depending on the unique soul configuration of the being in question.

The beauty of our divine expression as we return to Source is astoundingly wondrous for all the trillions upon trillions of spiritual beings that watch us, “popcorn in hand” from the VIP seats!

Our reunification with Source through the ascension process is considered one of the most exquisite energies beholden in the entirety of the universe. Making the choice for ascension in this lifetime certainly feel like a no-brainer to me!

Modern Sacred Texts

There is a selection of books we refer to as the Modern Sacred Texts¹⁹ and Divine Reading List²⁰, which are accurate channellings from positively polarised, service-to-self, higher dimensional, non-physical beings, with the intention of assisting the global ascension process.

They brilliantly bridge the current human knowledge gap between science and spirituality, by using terminology and theory from biology, chemistry, physics, and mathematics, to give technical, detailed and fractalized explanations about the ultimate multidimensional truth and nature of our reality.

This communication style suits the scientifically thinking, modern human mind much more than the metaphor, story and symbolism used by traditional spiritual teachers.

Most of the texts have been channelled and written since 2017 and have not yet reached a mainstream or scientific audience. When they eventually do, the potential explosion in truth realisation for the collective consciousness of humanity is mammoth.

19 <https://lovelight.community/modern-sacred-texts/>

20 <https://lovelight.community/divine-reading-list/>

Joy is the New Teacher

The frequency of the planetary consciousness was much lower during the descending times when ayahuasca traditions were established.

The change of humans' predominant spiritual catalyst from being pain, to that of Joy, is one of the greatest, practical, and overarching themes of this ascension era.

Pain was the past professor; Joy is the New Teacher.

It is not that joy is new, but that we are only awakening to it now, for our evolution has taken us to the stage where we can feel the true essence of our soul. In the ages gone by, the leading reason people chose the spiritual path was to move away from painful experiences²¹.

²¹ As the spiritual being Omni in the Four Principles of Creation, written by John Payne, eloquently explains: "The experience of pain and suffering has caused you to yearn for that which is higher, for that which is in alignment with the true nature of your being. Although pain and suffering are not your natural states, they have served you inasmuch that they have catapulted humanity forward into a clearer definition of where it wants to go. This is evident when we look at the two major wars that

Choosing joy or pain as a catalyst for spiritual growth is akin to choosing the proverbial carrot or the stick: incentivisation through pleasure or pain. Pain works as a teacher in that it provides contrast: opposites serve to awaken us to who we truly are. Through one's experience of pain, one is more likely to actively pursue love, light and truth.

Joy is a much more direct teacher. As learning from pain involves lower frequency experiences, this accrues additional negative karma through creating new trauma, resulting in a slower, more indirect process - two steps forward, one step back.

However, when a soul chooses the path of self-love and enlightenment by following their hearts and joy, the path is not only more direct, but also more enjoyable!

Joy is the new teacher is the direct mirrored energetic match to the higher ascension frequencies of our current timeline. These frequencies are supporting the current global shift in consciousness, and in the future will allow an even greater mass spiritual awakening, not possible

were created and experienced by their culture in the 20th century. These wars have propelled you forward and ushered in many fundamental changes. Today, you are much more concerned than ever before about freedom of choice, freedom from rules, and freedom for individuals to choose their lifestyles. This heralds the opportunity for the soul to become increasingly present, for the personality is freer to choose lifestyle, so the individual has more opportunity to experience essence. The more essence a personality experiences, the more it will be drawn to express essence. As this happens, the soul becomes increasingly the captain of the ship, and peace and harmony ensue."

during the lower frequencies when pain was the preferred professor.

This mass awakening and ascension of humanity will happen when souls follow their heart by doing what brings them their uttermost joy and expressing themselves as uniquely, authentically, and individually as possible: full embodiment of their True-Sovereign-Selves.

Potentially perceived paradoxically, realisation of unity consciousness involves the maximum celebration and expression of our differences, whilst simultaneously holding the Knowing that we are One.

How can we follow our hearts, doing what makes them sing and experience bliss?

We do this by remembering the truth of who we are and why we are here: our divine selves and our divine purpose. This is what I mean by, ‘The Path of Divine Remembering’.

The more closely we align ourselves with our pre-incarnate blueprint of reality²², the more we follow our hearts and live in bliss. This happens because we are doing what we set out to do, our lives and life choices are in perfect alignment with our unique genetic and energetic soul configuration, we are “completing our mission”, and winning the gold medal in the “game of life”. What is the most effective method we have found of remembering who we are and why we are here?

²² See section Destiny, Rebirth & Epiphany in part 2.

Part 2:

Ayahuasca

How Ayahuasca Works

Ayahuasca allows us to see, know, and balance the hidden, forgotten aspects of ourselves. It works as a mirror and amplifier, reflectively showing us who we really are, via a strong, undeniable, spiritually connective experience.

Drinking ayahuasca gives us a first-hand experience of being a spiritually evolved version of ourselves. This includes use of many of our multidimensional/psychic senses, skills, and abilities including telepathy, clairaudience, clairsentience, and clairvoyance.

These plant spirits are purification catalysts, flushing accumulated toxins, old traumas, and stored thoughts from the physical, emotional, and mental bodies.

They are major triggers into initiating the shadow-side integration process, where our repressed trauma is alchemised into metaphysically molecular love and light frequencies, as we evolve into our Bliss-being selves.

Dimethyltryptamine: DMT

It is scientifically accepted that synthesis of the psychoactive plant compound dimethyltryptamine or DMT causes the spiritual-encounters and out-of-body visionary states experienced when drinking ayahuasca, though very little is understood about the involvement of DMT in human evolution.

Human DMT - also known as ormus, inner gold, ambrosia, and kundalini phire - is a very complex matter substance, which holds the potential to become antimatter.

It is produced in the pineal gland of the brain - the third eye chakra energy centre - and has an almost identical molecular structure to the plant DMT in ayahuasca.

When we dream or visualise, our pineal gland third eye projects a real visual landscape into the antimatter/dreamspace/non-physical dimensions. Accordingly, it is usual for part of the ayahuasca experience to feel like lucid, awake dreaming.

As we synthesise the plant DMT, the veil of separation lifts between the physical (matter) and non-physical (anti-matter) realms of reality, and we experience our true nature as multidimensional beings.

Evolved Self

During the ascension process, our pineal gland grows from the size of a pea to that of a walnut. As it does so, it produces a greater volume of endogenous DMT, a fundamental and intrinsic compound to the lightbody transformation process.

Our unintegrated, stagnant, buried shadow-side prevents DMT production. As we integrate our shadow, we embody more light through the inner alchemical process of transmuting low frequency, light-inactivated trauma into high frequency, light-activated, balanced codex.

We literally become lighter, molecularly holding a greater mass, brightness, brilliance, and volume of light, which in turn increases DMT produced in the pineal gland.

When we drink ayahuasca, we can experience being a spiritually evolved version of ourselves, as we essentially “borrow” the structurally near-identical plant DMT in place of our own.

Dormant Memory

Synthesis of the plant DMT temporarily activates sections of our quantum DNA, bringing our dormant, forgotten memories, back on-line. This remembering of our divine selves is perhaps the most powerful and impactful effect of ayahuasca. It helps us remember who we are and why we are here.

The process will be unique to everyone, though will certainly occur in stages across multiple ceremonies. Considering that we are vast multidimensional beings, there are many aspects of self to remember and re-integrate.

As mentioned previously in the DNA section, this memory or knowing can be full awareness of one's previous or future incarnations, quantum or alternate selves, star lineages, as well as ancestral memories and genetic markers.

This memory can also be a feeling of belonging within a particular community, group, or to humanity itself, often including a deep sense of purpose and mission.

95% Unused Brain Capacity

There is true substance behind the well-known supposition, that humans use only 5% of their brain power capacity.

During the spiritual evolution process, many brain chemistry changes take place, including the production of new synapses and many other neuroplasticity-like processes. In addition to the pineal gland, the pituitary gland (known as the fourth eye) also grows from the size of a pea to that of a walnut.

The pineal gland's function develops further as it grows as part of the ascension process. It activates its "higher-self" as a "spiritual-antenna" which can pick up multidimensional frequencies. This then leads to the onset of abilities including telepathy, clairvoyance, clairaudience, clairsentience, and channelling.

DMT is an essential component in the functioning of these evolved pineal gland abilities. Electrical conductivity through DMT and plasma crystals within the pineal gland activate the antenna function, and the resulting "psychic" senses and skills.

Born mediums and psychics produce naturally higher volumes of DMT than average, though all humans hold the codex for potential lightbody expansion, increased DMT production and thus the activation of these multidimensional gifts.

These abilities allow one clear communication and interaction with the spiritual, non-physical, anti-matter dimensions of reality, and the subsequent entities and energies which reside there.

During ayahuasca ceremony, it is very common to hear accounts of participants communicating, through feeling and thinking, with self-conscious, spiritual beings. This section gives a high-level explanation of this process.

In addition to supplying us with a temporary, external source of DMT, plant spirits are triggers into activation of the pineal gland to produce more internal DMT, though only up to a point.

Once an individual has naturally reached creation of a certain level on their own, taking endogenous DMT will result in them having too much, therefore not functioning optimally. As such, one would naturally lose energetic resonance with plant spirit assistance at this stage of their spiritual process.

All of these brain changes are part of the activation of the previously dormant 95% brain power potential. When drinking ayahuasca, we temporarily experience part of this process.

DMT also increases our energetic sensitivity and awareness, allowing us to identify energetic distortions in our fields. These may take the form of emotional blockages - shadow trauma - and illusory, fixed, outdated, and unconscious beliefs.

Integration

Updating Belief Systems

Updating our belief systems through mental deconditioning and enlightening, is an essential part of our spiritual growth.

We cannot expand consciousness with closed belief systems. As the Zen Master Ryutan put it:

"You are like this cup; you are full of ideas. You come and ask for teaching, but your cup is full; I can't put anything in. Before I can teach you, you'll have to empty your cup."

Opening one's belief systems, humbling ourselves to accept that we "do-no-know-what-we-do-not-know", and that new learning will expand on and supersede our

existing beliefs²³, is an indispensable part of Self-conscious expansion.

This is the process of developing multidimensional and non-linear thinking²⁴: that of holding different dimensional perspectives simultaneously, with each dimension governed by distinct universal laws.

One cannot discover the mystery via beliefs as one can only believe what they think they already “know”. The truest course to expanding past our fixed beliefs, and into the mystery beyond, is through the intention and practise of ever continuous faith, trust, an open mind, and an open heart.

The nature of all is infinite²⁵, hence nothing one could imagine can capture the enormity and glory of existential reality. “All-Truth” is beyond human imagination, though we can access exponentially more of it through the ascension process during our incarnational experience.

²³ An interesting etymological point is that the word belief includes the word lie within it.

²⁴ The channelled works of Magenta Pixie and The Nine are the best written sources available for explaining and training this process.

²⁵ There are finite laws which govern our reality, although they are much broader and more flexible than we realise (leading us to manifestations of matter and “miracles” such as teleportation, telekinesis etc – a topic for a later work). An example is that one’s individualised soul matrix of energetic bodies requires a certain level of density to remain grounded in the 3rd, 4th or even 5th dimension. At a certain point of molecular “lightness” we would ascend past the point of being able to continue in an Earthly incarnational experience. The same applies to the level of multidimensional understanding one can hold in our dimensions. Yes, we can activate the untapped 95% of our brain power, however, there remains the aspect of the infinite beyond that!

Through faith, trust, openness, discovery, adventure, and exploration, we can have new direct experiences, insights, realisations, and epiphanies, which allow us to remember higher dimensional truths about ourselves and reality. This is indeed the process of conscious expansion, especially the expansion of multidimensional, non-linear thinking and awareness. Drinking ayahuasca is one of the most effective methods to expand in this way.

Whilst belief itself is a very profound part of spiritual awakening, this belief must be “grounded in reality in order for the codex created by the belief to hold any mass within the physical human body system”²⁶.

The process of upgrading our ungrounded beliefs into knowing higher dimensional truth takes place through the process of integration²⁷. It is similar to updating a computer with new software, the previous data needs to be replaced with the newly downloaded information.

When a person has a direct experience of a higher truth - such as through a deep realisation, profound insight, epiphany or remembering – which supersedes a held belief, the held belief will energetically dissipate as it no longer serves the individual.

26 Magenta Pixie and The Nine. *The Infinite Helix and the Emerald Flame: Sacred Mysteries of Stargate Ascension* (p. 145).

27 When I dry fasted for one month, my physical body would have “died” if I had not previously updated and integrated my belief system that humans do not require food or liquids once they reach a certain light quotient frequency when they are able to cellularly metabolize enough light for energy to sustain the physical body.

It is replaced by new thoughts and concepts which combine to create a neural network or system of codices. This new belief structure forms a paradigm, which eventually let's go of the new belief entirely as the individual moves into the "True Knowing" of the higher dimensional truth that they experienced.

This is the difference between the false knowing of "holding an unintegrated belief" and "embodying True Knowing". In the former case, the concept is transient and dissipates, in the latter, it is grounded in reality through the integration process.

This is all part of the expansion of mind and thought through multidimensional and non-linear thinking. Drinking ayahuasca enables us to move through this process at a vastly accelerated rate.

Shadow Trauma

Through increased energetic sensitivity and the activation of dormant quantum DNA and memory, plant DMT can result in remembering our shadow-side and initiating its integration process. As this process is a fundamental component to all spiritual growth, the process should be celebrated joyously on one's ascension journey.

As touched upon in the "From Fear to Bliss" section, shadow traumas are those traumatic experiences which our conscious minds have repressed, suppressed, and

buried into our unconscious, both from this life and past ones.

This occurs as we do not have the capacity to process the intensity of the suffering in the moment, for example as a child, or during any especially stressful ordeal.

Our human mind/body/spirit systems function optimally in a state of energetic flow, which requires real-time processing of our life experiences including emotions.

When painful emotions are buried as an avoidance defence mechanism, they remain within our energetic fields (soul matrix) as light inactivated, stagnant, lower frequency, distorted, unbalanced, asymmetrical and fragmented (as opposed to light activated, flowing, higher frequency, pure, balanced, symmetrical, and unified) geometry and codex.

Out of fear, we have chosen to forget and reject these emotions (which are individually self-conscious aspects of ourselves) rather than show them self-love.

The path of spiritual evolution, ascension and enlightenment is also the path of self-love. As such, it is necessary to remember these experiences and heal ourselves using the process of emotional integration to move forward on our spiritual, and life, path.

This process²⁸ involves acknowledging/remembering the emotion, giving gratitude for the emotion's sacrifice and help as a learning and transformation tool, analysing the experience and giving unconditional love to the emotional energy as a true act of self-love. This process moves us from being fragmented versions of self, into re-integrated, whole, unified versions of Self. This inner alchemy is the true alchemy of lead into gold: the transmutation of fear into Bliss.

Trauma-Traps

As outlined within the front matter of this text, the mistaken identification of our shadow side as external “demons” or “vampiric beings” in all spiritual traditions is one of the most pertinent, self-limiting, false beliefs, holding back the conscious expansion of humanity. This confusion predicates absolution of responsibility and self-hate –the antithesis of the ultimate truth, that we are all-powerful, divine, self-loving beings.

All so-called “demons” or “vampiric entities” that we experience are, in fact, aspects of our own unconscious, they are our repressed shadow side.

Understanding this experientially is a paramount pre-requisite to spiritual evolution. Rejecting these aspects keeps them unprocessed in our fields, loving them

²⁸ The “Emotional Integration” chapters in “Masters of the Matrix” by Magenta Pixie and The Nine, explain how this process works. Conscious integration and understanding of this process greatly enhances one's effective evolution forward on their spiritual path.

transforms them into light and catapults us forward on our spiritual paths.

This aligns with one of the central tenets of spirituality: to take responsibility for everything that happens in your life, because on a higher spiritual level, you chose and created it all. Every, single, experience, bar none. There is no coincidence in existence and no absolution of responsibility in spiritual growth and truth realisation. This must be the case if we are indeed divinity incarnate as many spiritual lineages rightly claim.

Our self-conscious, individualised trauma chooses when to reveal itself to us in conjunction with our higher self, for our highest and best good on all levels.

It may use archetypal presentations of fear-based emotions such as “gremlins”, “demons” and “vampiric beings” which can confuse us into believing this energy is external to us.

Our confusion and fear results in suppression, rejection, and denial, which only continues the cycle of how the trauma was originally created.

It is how we act upon, respond to, and interact with our “Emotional Entities” that determines the codes we input into to our matrix fields – fear or love? - and thus the frequency matching energy we then attract into our reality through the magnetic process of creation.

When we understand that these energies are self-isolated parts of ourselves that need love, acceptance,

gratitude, and compassion to be unified and integrated into lighter frequencies, we can move through the spiritual evolution process much more directly and smoothly.

Remembering is the start of the integration process, and it is possible to get stuck at this stage.

In other cases, rather than avoiding facing trauma, it is very common for humans to wallow in drama trauma, which is not the same as true trauma integration, and involves no healing and progression, rather the opposite.

Humanity as a whole does not know how to effectively heal themselves emotionally and mentally.

Bliss ayahuasca is the most effective method on the planet for healing everything, physical, mental, emotional, and spiritual.

Deep Shadow Work

By its very nature, shadow work can be challenging. When experienced within or outside of plant spirit ceremony, it can involve feeling the original low frequency suppressed emotions, such as fear, sadness, or pain.

Understandably, humans prefer to avoid these experiences, though this only perpetuates the processes of repression, suppression, denial, and replacement which ensures the trauma stays buried within our fields.

This “stored negative karma” then unconsciously works through the individual by attracting like energy into their experience of life through the universal law of magnetic attraction,²⁹ until they learn the lesson and heal the wound.

During the hardest moments of these resurfacing emotions, we tend to resist the low frequency emotions by wanting it to be over as quickly as possible. However,

²⁹ Also known as the law of cause and effect, karma, and magnetic polarity.

“what we resist, persists” so this only prolongs the experience. One must focus and apply the opposite: surrender.

The key is to accept whatever we experience as aspects of ourselves, and allow them out of self-love, rather than reject them out of confusion and fear. Once we accept this is an aspect of ourselves that we have rejected, isolated and forgotten out of fear, we need to communicate with it lovingly.

In combination with surrender, the most effective, instant remedy is to allow and embrace this energetic aspect of oneself, whilst consciously and repeatedly, choosing, thinking, saying, and communicating gratitude, compassion, and love, in all ways possible.

To consider how to feel compassion, put yourself in the shoes of the energetic entity. We buried the energy during a traumatic experience, usually many lifetimes ago. We isolated and rejected this self-conscious frequency, to the point it also forgot the truth that it is pure love and light.

Imagine being that energetic entity? It looks like a literal nightmare right, so let us have some compassion!

During my shadow work I would apologise to this energy, with deeply honest compassion, knowing the sacrifice that it endured for my “life lesson” and learning. Then I would rejoice at telling the energy I love it, we are pure bliss together, and that we now unify forever, as part of the true re-integration that is remembering and unifying all the fragmented aspects of

ourselves. It really helps to celebrate this process as much as possible, choosing to experience this joyfully exemplifies true gratitude – remember Joy is the new teacher!

When you genuinely feel these high frequency emotional compassion codes, you project them into your energetic matrix fields and they activate the emotional inner alchemical process, transmuting fear into love. Not only the emotion, but the entire experience is totally transformed.

How does this actually feel to have an experience of this process? WOW! Types of feelings include full body pleasure tingling, waves of full-expanded-body love flowing and being! Feeling like years of baggage have fallen off, and your load is forever lighter. Unimaginable relief and a sense of True Knowing that everything is happening perfectly, and so much more!

Additional techniques that help during deep shadow work include focussing intentionally and visually on one's heart during this process, including touching your heart with your hands.

A meditative focus on one's breathing, eyes closed, consciously following all parts of the inbreath and outbreath closely and continuously, is one of the most effective methods of centring and calming. This is essential in ceremony moments of high energetic volume and needs to be practised with a strong conscious focus on surrender. Any resistance will magnify the experience of the low-frequency emotions.

Energetically anchoring oneself to the highest love and light frequencies possible through an intention setting method, can make a colossal difference to the ceremony experience. This avoids one getting “lost” in a sea of low frequency, ensuring more clarity, stabilisation, and security. Combining this with mantras such as, “I am love, I am light, I am bliss, I love all aspects of myself” also really helps.

From our experience, using these techniques in combination is the most effective way to keep one’s frequency high, and thus the experience more loving and lighter, during the hardest moments of shadow work.

Ayahuasca is one of the most effective methods on the planet for remembering the fragmented aspects of ourselves, for shining light on our shadow side and initiating the paramount process of trauma integration.

Dosage & Karma

A widespread misbelief in ayahuasca tradition is that “bigger-is-better” when it comes to dosage.

Paradoxically, the reverse is true: “less-is-more”.

Stories about the “warriors cup” imply that Amazonian tribesmen, along with experienced shamans, can drink more cups of ayahuasca than most.

The surprisingly misunderstood fact about ayahuasca, is that, like most other substances, we can overdose.

Our mind/body/spirit systems function most effectively with an optimum amount of DMT. Up to this point, the experience will hold positive karma (akin to an increase in matrix lightness and frequency) as past life remembering initiates the positive process of emotional integration.

One’s optimal dosage - and overdosage - threshold becomes lower the further along in one’s lightbody development, as their pineal gland produces more endogenous DMT.

When a person ingests more than their optimum amount of DMT the substance can begin to work adversely, and negative karma can accrue. One's "fear-based anxiety pathways are triggered"³⁰ moving one from clarity to confusion, creating new trauma for the individual. Experiences such as this contribute to ayahuasca's strong association with fear and confusion within the collective consciousness.

When suboptimal dosing - combined with misunderstandings about how ayahuasca, our shadow trauma and our spiritual path interconnectedly function - accrue negative karma and new trauma, it often scares people from drinking ayahuasca ever again, and sometimes from focusing on their spiritual path altogether. This is why it is common for people to only "experiment" drinking ayahuasca a small number of times, when they could benefit greatly from more.

Negative karma and new trauma can still propel an individual forward on their spiritual path: indeed, this has been the standard method for millennia, the proverbial stick, not the carrot, pain as the professor, rather than joy.

However, now is the age for a greater level of granularity and accuracy in our understanding and teaching of spiritual truth. Supported by the high frequencies of our unique time, this allows us to traverse the tightrope of ascension and enlightenment with more finesse and grace than ever before.

30 Lessons from a Living Lemuria, written by Magenta Pixie channelling The Nine, Opening Portals and Inner Gold chapter.

Destiny, Rebirth & Epiphany

Human beings experience free will in this reality, the sovereign freedom to choose as they desire. Yet before incarnation, the individualised soul matrix chooses the lessons it wants to learn and the type of expansion it wants to experience for the specific lifetime.

As part of this process, it creates an optimal life path called a pre-incarnate blueprint, web, or map of reality. This is somewhat like an intricately complex, energetic, geometric, decision-making tree.

Part of the “game of life” is to align ourselves with this blueprint, our destined path. This is the human being’s “search” for meaning and purpose, as this life map holds the intention we had for our life before incarnation.

In these ascending times, souls’ optimal life map will hold the potential for accelerated spiritual evolution, that being, the embodiment of ever increasing divine love, light and truth. As such, this blueprint of reality could also be considered, our “dream” or “fairy-tale” life.

Node points³¹ are the convergence points where all timelines within one's blueprint converge together; therefore, they are the points one experiences in all timelines.

One could see these as “points of graduation” for the soul, for each time we reach a node point, all information accumulated within our incarnation at that point is evaluated, sorted, analysed, and stored, on a higher-dimensional, non-physical level, outside of linear time. This could be likened to a save-point within a computer game. The moment of analysis, sorting and re-experiencing is instantaneous, as simultaneous time - the eternal now moment - is experienced in the anti-matter dimensions.

These node points, whilst being major synchronicity or “meaningful coincidences” are also known as “destiny”, “fate” or “serendipity”. When one reaches a node point in their life, they have the feeling that “all is as it should be” or “all is meant to be”. It will feel right. It will feel in alignment. If one is on a conscious spiritual path to awakening, enlightenment and ascension, one will feel that sense of “absolute decision” about this point in their life.

The reasons the node points are made, are for us to move into situations and energies within our incarnation that will assist us in our highest expansion at that point.

Ayahuasca ceremonies are major events of awakening, opening portals of light into higher realms of

³¹ Magenta Pixie and The Nine. Masters of the Matrix (p. 33).

consciousness, and every ceremony or ayahuasca drinking experience is a node point.

These very significant, pre-planned turning points in our lives, can feel like a rebirth, epiphany, or shift in consciousness. As such working with the plant spirits in ayahuasca can assist us by:

1) Guiding us towards our destined life path, helping us realise and fulfil our pre-incarnate intentions, that which give us purpose and meaning.

2) Accelerating our spiritual transformation into our future selves through experiencing shifts of consciousness and rebirths.

3) Giving us realisations and remembering's of ultimate wisdom and multidimensional truth about the nature of ourselves and reality, through direct insight, revelation, and epiphany.

People often explain the draw of plant spirits as a 'calling'. This is the synchronicity of our universal energy pulling and guiding us towards our pre-incarnate blueprint of reality, that being those experiences which are aligned with our highest and best timeline, our life of destiny.

Purification & Detoxification

Purification and detoxification are associated with ayahuasca through the infamous “purge” known mainly as vomiting or diarrhoea, though can include any physical energetic release such as crying, sweating or toning.

This is part of the overall evolution process from physical body to lightbody, as energetic density is released and transmuted throughout our physical, emotional, mental, and spiritual bodies.

Purity refers to balanced, symmetrical, light-activated, versus unbalanced, asymmetrical, light-inactivated, geometry and codex.

When we raise our overall frequency through the ingestion of plant DMT, the lowest frequency aspects of ourselves surface first for release.

Like a rising hot air balloon still tied to the ground, we need to undo the ropes - transmute the densest frequencies - before we can ascend higher.

As matter is denser than antimatter, our most dense frequencies are physical matter based, the heaviest being man-made chemicals, pharmaceuticals, and toxins.

These dense substances are energetic blockages in our physical and energetic body/mind/spirit system, restricting the flow of higher frequency energy through our fields.

This inhibits the level of DNA activation, multidimensional remembering and psychic abilities one will experience in ceremony. The journey will still usually be very spiritual, though there will be further layers to divine remembering, energetic activations, and future-self experiences, once the physical body has detoxified further.

As well as these accumulated toxins, old traumas and outdated beliefs are also stored in the physical body (as well as the emotional and mental bodies) causing sickness and disease.

This is also part of our shadow-side, with the “root cause” or “seed point origin” of our ailments always being a complex convergence of higher dimensional “subtle energies”. The origin of every physical ailment is therefore energetic/spiritual and will include a mixed convergence of energies from trauma experienced across all previous Earth incarnations.

The physical purification process works in tandem with the emotional integration and the mental deconditioning

and enlightening³² processes to release and transmute dense lower frequency.

Pure preparation and the ceremonial purging are physical methods of “navigating frequency³³”, releasing heavy physical density from our fields as part of our lightbody evolution process.

The process of physical, emotional, and mental purification is also the process of healing. One of the fastest ways to purify the physical body, is through various types of dietary fasting.

³² The mental deconditioning and enlightening process includes replacing transient outdated beliefs that no longer serve the individual, to higher dimensional truths and wisdom which are integrated into divine knowing.

³³ Navigating frequency is an expression for transmuting low frequency energetic codex, such as trauma, false beliefs, or physical disease, into higher frequency and codex.

Part 3: Sacred Ceremony

High & Low Frequency

There are a variety of practises in traditional ayahuasca ceremony which focus on triggering fear responses to activate the shadow side, considered as a necessary precursor for healing and growth. Three examples include:

- Environment: using low frequency sounds to increase the intensity and using masks to trigger fear.
- Intention setting: focussing directly on experiencing low frequencies, such as trauma, & getting stuck there.
- Ceremony timing: holding ceremonies at night rather than during daylight.

The roots of ayahuasca tradition were established during the era when pain was the predominant spiritual teacher, thus some of the practises still reflect this precedent.

Whilst it is true that integrating one's shadow side is a necessity of spiritual growth, there are different ways to approach it.

For those souls choosing spiritual growth, ascension, and enlightenment in this lifetime, they will choose to integrate more of their shadow and ego in this incarnation than in all their past lives combined. The soul has been avoiding looking at their trauma for hundreds of lifetimes, until now. Why is this?

Although all the current frequencies make this process smoother than ever before, it is still very challenging. As such, any possible way the process can be made easier and more loving is an enormous win for everyone!

As all souls are connected energetically as part of a consciousness grid or matrix, when one soul grows spiritually, this activates and accelerates the awakening of everyone else in a resonating collective consciousness magnifier effect. This is how millions, and billions, of souls will awaken “en masse”.

The principle point that these practises miss, is that focusing on low frequencies, or creating a low frequency environment, is not necessary to activate our shadow: it will also reveal itself when we focus on high frequency.

When one focuses all consciousness on experiencing the higher frequencies of Bliss, Love, and Light, our own frequency rises through the law of magnetic attraction. When our own frequency rises, all lower frequencies in our fields - toxins, traumas, false limiting beliefs - surface for release or transmutation.

The decisive difference being, when we focus on Bliss, we will be energetically anchored and supported by a high frequency environment, as opposed to a low

frequency one. This difference is absolutely gargantuan³⁴: it can be the difference between experiencing heaven and hell.

This energetic anchoring is different to grounding. Traditionally, we look for stabilisation below us, from the Earth, be it from the anchor at the bottom of the sea or bare foot grounding on the land.

However, when we open portals of light into the higher realms of consciousness through ayahuasca, our vibration rises so much, that we become enormously sensitive to energetic frequency.

Although the energies of the Earth can also help with navigating low frequency through grounding techniques, it is not optimal to energetically anchor oneself to the Earth during ayahuasca ceremony. The Earth is matter-based and is hence a much lower frequency compared to the higher anti-matter dimensions one accesses through ingesting plant DMT.

During the most difficult moments of ceremony, when the low frequency aspects of one's shadow side reveal themselves, if one is also:

- In a low frequency environment: smoke, music, dark talismans like fear-inducing masks, night-time.
- Focussing on their low frequency shadow with their intentions.

³⁴ A huge well done and thank you to the trailblazer Dominik Grueneberg for realising how this works and teaching me!

- Anchoring through Earth focussed grounding - denser, lower frequencies - or not stabilising at all.

Considering every aspect of our experience is amplified on ayahuasca, this will have the cumulative energetic effect of being swamped in low frequency which can be hugely destabilising.

One can easily lose grasp of reality, forgetting themselves and their environment in a sea of intensifying negative emotions. This creates additional karma and trauma.

However, if one juxtaposes these low frequency approaches with high frequency alternatives, the experience will positively transform.

Sacred Ceremony Intentions

How do we energetically anchor into the highest frequency dimensions possible?

As sacred incarnate beings who create all of their reality, we do it with our divine will: our intention.

Thought is the seed point and birthplace of all of creation. Intention and thought are simultaneous: one does not exist without the other.

When Human-Beings (and all physically incarnated Earthly structures):

1. Intentionally project consciousness thought-forms.
2. These thought-forms combine with the resonance field created by an emotion of matching frequency.
3. There is enough focus, charge, and momentum.

This will birth an energetically mirror-matched creation within the anti-matter realities, before eventually gaining mass (weight, force, and substance) and densifying into the physical third dimension.

As the true “original sin” or “first trauma” is that of us forgetting our higher selves as divine creators, we are deeply conditioned that we do not create all of our reality, and we thus grossly misunderstand our true creative potential. All creation begins with intention.

Focused intention creates a complex convergence of frequencies, forming a trajectory of intention, which when combined within a sacred ceremony setting, will manifest divine guidance in response to the original intention.

Considering this, we have developed an intention setting method based on modern multidimensional teachings, to maximises energetic stability, clarity, and high frequency vibrations during ayahuasca ceremony.

Intention Setting Method

The method includes a two-part hand-written intention, or Bliss Declaration.

For part one, we recommend wording specifically focussing on the energetic anchoring of one’s fields to the highest dimensional frequencies of bliss, love and light possible, that is, connecting to the highest vibratory aspects of ourselves and our higher guidance systems, for stabilisation, security, and clarity.

For part two we suggest writing down the intention most aligned with one's heart's desire.

If they are unsure on specifics, one option is to write that they fully trust that their higher self's plan for the ceremony will be in their highest and best good, and in alignment with their divine blueprint and soul purpose.

Using positive, light, and loving language wherever possible helps anchor the intention in the highest frequency bandwidth possible.

For example, if one wanted to heal their “deepest darkest trauma”, it would be more fruitful to focus on “remembering, realising and embodying” their “highest, truest, lightest, most loving self”, rather than using the former wording.

For both of these intentions to manifest, the shadow trauma will need to be integrated, though in the latter approach, one creates a much more stable, lighter, and more loving environment for themselves, through the principal of anchoring in higher frequency.

We recommend the intentions are written out, read, and spoken out-loud before drinking the ayahwasca.

Visualising various multi-coloured energetic streams, beams and cords connecting all aspects of you to these higher frequency bandwidths and spiritual aspects of yourself in dazzling sacred geometric patterns and

spirals, with the help of your guidance team³⁵, is a very effective way to harness additional creative power.

Through this visualisation aspect of the process, one is creating real, light-sight, antimatter streamed cords connecting to upper vibrational dimensional octaves, in the same way as the creational process explains in the previous section.

The final ingredient which acts as an energetic multiplier, is trust. Despite what beliefs or disbeliefs your egoic mind is telling you, try tapping into your heart-centred intuitive “knowing”, and never stop trusting that this process really works – it does! – and that everything is happening in the right way.

³⁵ Your higher guidance team includes various non-physical, spirit, love, and light beings such as your higher self, spirit guides, angels, and also shadow aspects, for they are as much guides and teachers as the light aspects.

Setting & Environment

There are many aspects to the classical ayahuasca environment which contribute to a lower frequency experience. Holding the ceremonies at night, fear-inducing masks, addictive supplementary substances, using triggering sounds and various smokes all contribute to a lower frequency environment than necessary.

These customs are considered untouchable by many in the ayahuasca community considering their ancient roots. It is not understood that these practises stem from an era where pain was the primary professor for spiritual growth, and although they do work, it is only up to a point.

They served their purpose for their time, though in light of the modern multidimensional teachings, it is clear that they are suboptimal for the spiritual evolution destined for, and in alignment with, these high frequency times of ascension.

The low frequency environment creates “spiritual growth limits” which prevent participants integrating greater levels of their shadow and thus raising their frequency higher.

The low frequency environment is a direct cause and effect reflection of the shamans and ceremony participants’ unprocessed shadow. It is the physical manifestation of their shadows consciously working through them, creating the low frequency environment in physicality through the law of karma and magnetic attraction. The shadows both choose and create this environment, which is the mirrored match to their frequency. The personality self is not conscious of this process.

In alignment with the souls’ pre-incarnate blueprints of reality for their particular lifetimes, the majority of the shadow aspects also choose to not reveal themselves in the incarnation. Furthermore, these blueprints are in alignment with, and a creational energetic mirrored match of, the frequencies of the energetic era in question.

This is why there were relatively few enlightened spiritual masters during the previous low frequency times of descension (such as Buddha, Krishna, and Christ). The global energies of their ages were not conducive to rapid spiritual evolution, so they needed to have a very primed, favourable karmic and experienced soul configuration for them to be able to ascend in their respective lifetimes. Then was not the time for mass enlightenment. That time is now.

The process works simultaneously and synchronistically, the cause and effect of perfectly balanced creation:

- The low frequency environment limits growth and keeps the shadow unconscious.
- The shadow creates the low frequency environment consciously, though the personality self is unaware.
- The low global frequency of the era is energetically aligned to the shadow remaining dormant, limited spiritual realisation.
- All is aligned with the pre-incarnate blueprint of reality – the intentional plan of the soul for the particular lifetime.

If these ancient techniques continue to be used in our higher frequency times, they will continue to limit the consciousness expansion of the ceremony participants.

The difference now is that the higher vibration of many souls' configuration and blueprint – in alignment with our global frequency – will reject low frequency techniques and resonate with higher ones.

The cumulative effect of this happening en masse, is where we will see radical, positive change, not only in how ayahuasca is understood and practised, but also in a myriad of magical ways across our entire world.

Music

Part of the role of the traditional shaman is to vary the intensity of the ceremonial experience using sound.

Lower frequency tones are used to increase the intensity which can include types of chanting, hissing, rattling, drumming and heavier, darker music and musical instruments.

These sounds intentionally magnify negative emotions, making the experience more difficult than necessary.

During Bliss ceremonies, we use only high frequency loving, light music, intuitively incorporating natural silence when guided, to keep the vibration of the sound and environment as high as possible at all times.

Day & Night

The difference in experience between holding a ceremony during the darkness and the sunlight hours, is quite literally, night and day.

Considering the process of spiritual growth and enlightenment involves shining our light of consciousness on our dark, shadow aspects, becoming lighter, and molecularly embodying more love and light, why choose to have ceremonies in darkness?

One reason, as discussed above, is the desire to activate the shadow.

By focusing on darkness, one attracts more of it into one's life through the law of karma and magnetic attraction. Though as we have explained, this approach exacerbates shadow work, rather than softening it.

The primary issue most of us have with spirituality is not being able to connect with clarity and certainty. Perhaps another reason could be that the energy during night-time is more conducive to connecting to the spirit world?

Generally, we are most spiritually connected between 3-5am when melatonin levels - produced in the pineal gland - are the highest in the body³⁶. Darkness prompts the pineal gland to start producing melatonin while light causes that production to stop³⁷.

Furthermore, melatonin is one of the precursors to the production of DMT in the pineal gland. As the night is when most people are dreaming in anti-matter, spirit world realities,³⁸ the fact that the collective energy is focusing on the spirit world during these hours,

36 See the section on DMT which mentions the role of the pineal gland in dream projection.

37 More information about this process can be found in this freely accessible e-book "Darkness technology: Darkness Techniques for Enlightenment" - <https://www.mantakchia.com/wp-content/uploads/2019/10/DarkRoom.pdf>

The author, Mantak Chia, is one of the leading proponents of darkness technology, in the form of dark retreats. Such retreats were an important part of my spiritual path, having had two solo dark retreats in a natural cave-like environment in 2019 and 2021 for 9 and 11 days.

38 Which in themselves are out-of-body experiences.

increases the potential energetic connectedness of this time.

Whilst it is true that our spiritual sensitivity and ability to connect to the anti-matter dimensions is increased during the night, when we drink ayahuasca, we do not need any additional assistance to connect with the spirit realms.

The focus should instead be on how to create the most light, loving, and truthful growth experience. Children are scared of the dark for a reason. In and of itself, darkness elicits fear in many. The frequency is lower than that of sunlight.

For these reasons, in alignment with the rationale behind our high frequency focussed method, night-time ceremonies are suboptimal for maximising a high frequency environment.

By contrast, daylight ceremonies hold a much higher frequency. The source of all the planets physical energy, our sun “Sol” is there to support us in our evolutionary, ceremonial experience.

Bliss Guides

As Bliss Ayahuasca Guides³⁹, we bring our own unique energetic flavour in addition to the modern multidimensional methods we teach.

We have been guided and trained on our destined path as catalysts, channels, and healers. During ceremony, the plant DMT, in its capacity as mirror and amplifier, reflects and magnifies these capacities so we can serve others as greatly as possible.

As spiritual catalysts, our energetic signatures ignite the “cosmic phire of divine remembering” in others, that being, who they truly are and their destined purpose.

As healers and conduits, we directly channel high frequency lovelight and lightlove, Christ consciousness, Source energy which aids the healing and integration process for others.

³⁹ <https://blisseden.love/ceremony/guides/>

Catalysts

All cats and felines are CAT-alysts to divine remembering.

After four years of soul searching and truth seeking, my first experience of full-flow enlightenment⁴⁰ was triggered by an enlightened master in the form of a black cat. Hours after the event, I was guided to a video⁴¹ which helped me unpack, understand, and integrate what had taken place.

The catalytic presence of the black cat, and the awakening experience itself, activated my own, previously dormant, strands of feline quantum DNA.

My energetic signature is now a strong catalyst, trigger and spark to others' divine remembering which I experience frequently, though most strongly during ayahuasca ceremony, which works in tandem with my other energetic abilities explained in the next section.

Subsequently to this experience, my new energetic configuration activated my twin flame and BlissEden co-founder, Lara Violet, where her divine remembering allowed healing of past incarnational trauma blockages

⁴⁰ Contrary to widespread belief, enlightenment is not a static or watermarked level of consciousness, which when one surpasses, they only experience enlightened bliss forever more. It is a fluid state of energetic flow, where the Bliss-frequencies of Source consciousness flow through and merge with one's own matrix energy fields.

⁴¹ Magenta Pixie and The Nine, The Feline Presence and The Black Cat <https://www.youtube.com/watch?v=Lg9uGm3Y7-A>

between us, and Lara's latent DNA memory encoding as a catalyst herself was activated.

For souls ready for the next level of their spiritual journey, being in the presence of the Bliss Guides will catalyse and trigger you forward by creating energetic movement, momentum, and flow in your matrix fields.

Our channelling ability allows us to connect with higher aspects of ourselves and download multidimensional knowledge and wisdom, in line with our mission to best serve other souls and the planet in their ascension process.

Ceremony Energetic Dynamics

Summary

- Unknowingly, the shadow trauma and egoic mind will “work through” the ayahuasca shaman, projecting onto the participants in an amplified manner.
- This adds an additional level of karmic entanglement and complexity to the experience and process of the participants.
- Very few currently incarnated souls are aware of this dynamic, here I explain how I came to this realisation.
- Our ceremonies reverse this dynamic entirely, as we directly channel Christ consciousness Source energy, aiding Guests healing and integration process.

Creation

In this reality and life experience as human beings, our low frequency unconscious aspects - known as our shadow side, part trauma, part egoic mind - will always create, attract, and work through us without us, as our personality selves, consciously realising.

The process of how this works is complex, for it is the process of creation itself. We are unrealised fractals of Source energy, fingers of the divine poking through into the physical dimension, simultaneously the creation and the creator.

As creator, we create all of our reality through the principal law of our universe, the law of attraction⁴².

Everything in the universe is energy, and all energy has a signature, a vibration. The law of attraction states that energy will attract like-for-like.

On each level of our being, we have a particular vibration. This vibration is determined by our emotional and mental make-up; this composition is the sum total of all our experiences, across all of our multi-dimensional lives.

Whatever energy we hold within our fields, we magnetically attract into our experience, and therefore create our own reality.

⁴² Also known as the law of karma, magnetic polarity, attraction, cause and effect.

Shadow Projection

In acting as a mirror and amplifier, ayahuasca also reflects and magnifies our unconscious shadow side, so that we may see it, accept it, love it, and integrate it as part of the “game of life”.

Having reached the stage in my lightbody evolution where I had integrated all of my individualised unconscious shadow aspects, I became able to clearly see the unconscious shadow aspects of others working and creating through them.

This is essentially a latent multidimensional, or psychic, ability, or “light-sight”, being unlocked as my consciousness reached a new state of energetic awareness.

The first time I experienced this higher frequency “light-sight” was also my first full-flow enlightenment cat experience, when my other latent multidimensional abilities as catalyst and channel were activated.

The most profound times I have energetically seen, felt and understood this process, have been when observing the shadow aspects of ayahuasca shamans working through them during ceremony.

The plant DMT mirrors and amplifies my multidimensional abilities as well as the unconscious shadow aspects working through the shaman.

After the initial fun experience of a new “super-power”, consciously feeling a shaman’s shadow trauma projecting onto you as a group ayahuasca ceremony participant, is no picnic. Furthermore, the shaman, nor any other ceremony participants, have any conscious awareness or understanding of what is happening.

After repeatedly experiencing the projection of shaman’s shadows during group ceremony, I realised this was the sign to follow a new direction. From then on, I started holding ceremonies myself and began my destined path as an ayahuasca guide. I then began to understand how I was being “used⁴³” as an energetic channel and conduit during ceremonies.

During ceremony, my physical and energy bodies are used to assist the healing and expansion process of ceremony Guests, and outside of ceremony, part of my energetic capacity is allocated to healing and expanding the collective consciousness of humanity.

As a New World spiritual teacher, rather than having an energetically absorptive shadow which is projected onto participants, I radiate Kryst Consciousness Bliss Source Energy through my Open Heart, which accelerates the healing process of the participants, rather than adding negative karmic entanglement like the old world approach.

⁴³ My higher self choosing this in line with my destined path.

In this way, I directly help heal the deepest and most painful traumas that others are encoded with. My understanding, feeling and experience of this process is best described by this channelling:

“You are going through the energetic of pure surrender and service as pure sacrifice. True sacrifice is the purest act of compassion and unconditional love for you are giving of yourself to another because you love other as self. We call this sacrificial surrender 'the emerald codex'.”⁴⁴

The contrasting levels of shadow trauma integration between Bliss Ayahuasca Guides and old world shamans is one of the greatest factors contributing to a different ceremonial experience for participants.

The best first step old world shamans could make to help themselves and their Guests, is to stop drinking ayahuasca themselves, during their Guest ceremonies.

⁴⁴ The Nine channellings from The Infinite Helix and the Emerald Flame, channelled and written by Magenta Pixie.

Private Ceremonies

Just as the ceremony guides shadow will have a sizeable and determining factor on the experience of all participants, so too the energies of the other participants will affect each other, though to a lesser extent than the that of the guide.

Just as with the ceremony guide, this is not inherently good or bad. The higher selves of all participants “know the script” beforehand and willingly sign-up to the experience ahead of time, because it is exactly aligned with what the soul needs for its highest and best path of learning and growth.

Through greater understanding of the process, the more consciously one can become the master of their own ship, and choose what experience is right for them.

Therefore, one might elect a private solo ceremony, or a ceremony with only close friends and family, to focus more directly on one’s own energies.

Afterword

In light of many modern multidimensional teachings channelled in support of our global ascension process, we have formulated a new, loving, and enlightened analysis and approach to incorporating ayahuasca in one's ascension journey: Bliss Ayahuasca.

Our Bliss Method results in experiences of more love and clarity, as well as more direct, accelerated and permanently embodied expansions of consciousness.

In this way our new ayahuasca approach and teachings are a creational mirrored match of the frequency of ascension, the shift in frequency from fear to Bliss.

For those experiencing doubt about anything included in this material, I remind you that the only way to realise this truth is to “walk-the-walk” and experience it for yourself.

We look forward to seeing you at your next Bliss Ceremony!