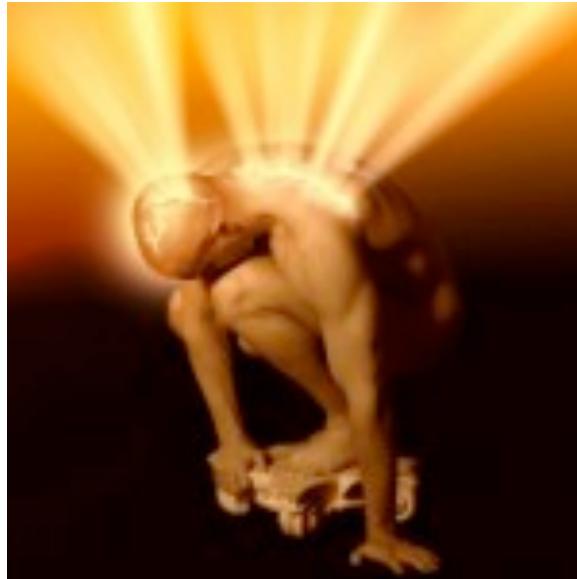


# Everything We Need to Know About Ascension Q&A



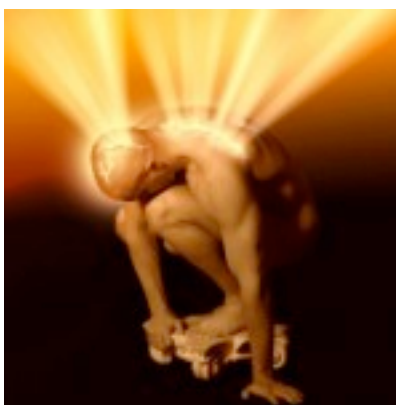
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*As more and more people awaken to Ascension, the need grows for a booklet that answers as many questions about the shift as possible. The synopsis that follows was taken from the works of the Company of Heaven - the celestials, and terrestrial and galactic ascended masters who are here at this time to help us make the transition.*

*For more information on Ascension, Disclosure, Abundance and other topics related to the consciousness shift occurring on Earth, go to the Golden Age of Gaia at <http://goldenageofgaia.com/> or the First Contact database at [http://goldengaiadb.com/First\\_Contact](http://goldengaiadb.com/First_Contact)*

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## **What is critical to ascending?**

Ascension is possible for all who have absorbed the light. (Matthew's Message, Aug. 13, 2010, at <http://www.matthewbooks.com/mattsmmessage.htm>.)

The fact is you cannot move higher than your vibrations allow, and clearly that would be the level at which you would feel most comfortable. (SaLuSa, Oct. 22, 2012 at [http://www.treeofthegoldenlight.com/First\\_Contact/Channeled\\_Messages\\_by\\_Mike\\_Quinsey.htm](http://www.treeofthegoldenlight.com/First_Contact/Channeled_Messages_by_Mike_Quinsey.htm).)

With Ascension no souls can go forward with it unless their vibrations are compatible with it. The choice is still yours, but you must have reached a certain

vibratory level to ascend. All souls will have known about it before they came into incarnation, and some of them have no desire to ascend, but wish to add this period in duality to their experience. (SaLuSa, Feb. 20, 2012 at [http://www.treeofthegoldenlight.com/First\\_Contact/Channeled\\_Messages\\_by\\_Mike\\_Quinsey.htm](http://www.treeofthegoldenlight.com/First_Contact/Channeled_Messages_by_Mike_Quinsey.htm).)

All happens as it should according to Universal Law.

Put simply it states that no soul can move upwards until they have reached a similar vibration. (SaLuSa, Oct. 19, 2012.)

Only those of you who have lifted your vibrations sufficiently, will be able to join those energies. Thereby lies the outworking of a truth, that only those of the Light can exist in the new dimension. The choice has always been yours, but with it comes the responsibility to carve out your own pathway to Ascension. You can have all of the help and encouragement in the world, but only you can take the necessary steps that will bring it about for you. (SaLuSa, Jan. 9, 2012 at [http://www.treeofthegoldenlight.com/First\\_Contact/Channeled\\_Messages\\_by\\_Mike\\_Quinsey.htm](http://www.treeofthegoldenlight.com/First_Contact/Channeled_Messages_by_Mike_Quinsey.htm).)

It is the light within a body that transforms its carbon-based cellular structure into the crystalline form that enables the body to live in the high vibrations of energy planes beyond third density. (Matthew's Message, Jan. 4, 2012 at <http://www.matthewbooks.com/mattsmessage.htm>.)

Your objective is to bring more Light through to increase your level of vibration. At some point in the near future you will in fact be successful, and as a result be ready to rise up into the higher dimensions. Indeed, as soon as you are ready you will be lifted up but can still visit the lower dimensions, as you will be able to lower your vibrations to do so. (SaLuSa, Feb. 20, 2015 at [http://www.treeofthegoldenlight.com/First\\_Contact/Channeled\\_Messages\\_by\\_Mike\\_Quinsey.htm](http://www.treeofthegoldenlight.com/First_Contact/Channeled_Messages_by_Mike_Quinsey.htm).)

In that moment [of Ascension], what we are calling a moment, (1) there is a choice. Do you want -- and it can happen instantaneously, because so many of you have laid the foundation -- do you want to be in the heart of one of love? Do you wish to be in the higher frequency? In the very last second, all they need to say is yes, and allow themselves to be flooded by what you can think of as a tidal wave of energy that will sweep the planet. That is why we say all are invited. (Steve Beckow,

"Reading with Archangel Michael, August 1, 2011" through Linda Dillon, at <http://stevebeckow.com/2011/08/reading-with-archangel-michael-august-2-2011-part-1/>.)

(1) Ascension is both gradual and sudden. It is gradual in that we're being bathed in successive waves of energy that are gradually elevating us and it's sudden in that there are moments when jumps are made. See Part 2 for two "sudden" events - Brahmajnana or God Realization and Sahaja Samadhi or our natural and liberated state of being.

And for you, the task this time around is simply this: to finally allow that innermost part of you, that singularity of light that has no equal, no other place in All of creation to come out from hiding so that you and everyone else around you can SEE you in all of your glory.

For then and only then will others be able to finally release all of their own inner fire as well. And it is only by allowing that fire to burn brightly, while still within this miracle of a human body you inhabit, that all of these seeds of life encased within all of the other physical carriers on this planet can come fully to life once again. ("The Constant Companions: The Manuscript of Survival-Part 434," channeled by Aisha North, February 24, 2015, at <https://aishanorth.wordpress.com/2015/02/24/the-manuscript-of-survival-part-434/>)

We must clear 51% of our negative frequency patterns and attune our Energetic Signature to at least a portion of the lower sub-level frequencies of the Fifth Dimension in order to [ascend]. (1) (Archangel Michael, Sept. 27, 2009, through Ronna Herman, at <http://www.ronnastar.com/latest.html>.)

(1) If we haven't assimilated enough light to tolerate living in the Fifth-Dimensional environment, then we cannot remain on the Fifth Dimension. The same applies to any higher dimension. Like all dimensions (or planes), the Fifth Dimension has subplanes. The real entry into the Fifth Dimension comes with Sahaja Samadhi, which itself comes at a higher 5D subplane than the first.

It is the Laws of the Universe that determine where every soul is to be found, but they can move lower if it is their desire. However, none can move beyond their correct level, except that a Higher Being accompanies them. This sometimes takes place in the interests of allowing knowledge of the higher dimensions, and possibly to meet some of the great souls that reside in them [the dimensions, that is]. (Atmos, Jan. 28, 2009.)

It is simply the physics governing life in this universe that bodies bereft of light cannot survive in those higher vibrations. (Matthew's Message, April 23, 2011, at <http://www.matthewbooks.com/mattsmessage.htm>.)

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## **Do I need to know about Ascension to ascend?**

Knowledge of the Ascension process is not necessary to be assured of rising up with it. There are many, many souls that are kind, loving and compassionate who are also ready for such an upliftment. In fact they may have quite a different view of the future, but that does not matter as they will soon adapt to the coming changes. (SaLuSa, Nov. 13, 2012 at [http://www.treeofthegoldenlight.com/First\\_Contact/Channeled\\_Messages\\_by\\_Mike\\_Quinsey.htm](http://www.treeofthegoldenlight.com/First_Contact/Channeled_Messages_by_Mike_Quinsey.htm).)

## **Which is more important to Ascension: knowledge or intention?**

However, it must be understood that Ascension is so near that if you desire to seize this opportunity to get out of the 3rd. dimension, you do need to ensure you know what is needed of you. As we have so often mentioned it is your intent that is so important, because as soon as you send out that energy it attracts similar energy, and strengthens yours that opens up the pathway to Ascension. (SaLuSa, Dec. 2, 2011 at [http://www.treeofthegoldenlight.com/First\\_Contact/Channeled\\_Messages\\_by\\_Mike\\_Quinsey.htm](http://www.treeofthegoldenlight.com/First_Contact/Channeled_Messages_by_Mike_Quinsey.htm).)

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## **Must I believe in God to ascend?**

A lack of belief in God is not necessarily preventing people from ascending, as many of them are at heart very kind and decent people. It is what you are inside that counts, but we always come back to the need to treat others as yourself. (SaLuSa, Oct. 3, 2012 at [http://www.treeofthegoldenlight.com/First\\_Contact/Channeled\\_Messages\\_by\\_Mike\\_Quinsey.htm](http://www.treeofthegoldenlight.com/First_Contact/Channeled_Messages_by_Mike_Quinsey.htm).)  
Must I be 100% healed to ascend?

You do not need to be one hundred percent healed and whole emotionally and spiritually in order to ascend. ... We can work miracles with each of you. This is

our intention. (Sananda in Eric Klein, *The Crystal Stair*. Livermore: Oughten Hosue Publications, 1992; c1990, 34.)

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### **What if my life so far has not been exemplary?**

Do not make the mistake of judging yourself unsuitable to ascend, as whatever your life so far you can always step onto a new path. (SaLuSa, March 9, 2012 at [http://www.treeofthegoldenlight.com/First\\_Contact/Channeled\\_Messages\\_by\\_Mike\\_Quinsey.htm](http://www.treeofthegoldenlight.com/First_Contact/Channeled_Messages_by_Mike_Quinsey.htm).)

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### **My path is different from that of other lightworkers I know. Will I still ascend?**

Do not concern yourself if your path is different to others, as there is more than one way to reach Ascension. Indeed there are time lines that cover every possible combination of possibilities. If you have exercised your choice there can be no wrong way, otherwise freedom of choice would be pointless. (SaLuSa, Dec. 2, 2011 at [http://www.treeofthegoldenlight.com/First\\_Contact/Channeled\\_Messages\\_by\\_Mike\\_Quinsey.htm](http://www.treeofthegoldenlight.com/First_Contact/Channeled_Messages_by_Mike_Quinsey.htm).)



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## **When does Sahaja Samadhi - the level of enlightenment that concludes our present Ascension journey - occur?**

Steve Beckow: When does Sahaja Samadhi occur?

Divine Mother: It occurs with a more gradual awakening and lifting up. So there is the abrupt "I am not the same," then there is the working and the anchoring, the integration, then there is another jump, and another jump, and another jump. And you don't know it — well, some of you do — but you are leap-frogging. And then you will be there.

SB: Now, are those jumps equivalent to sub-planes? (6)

DM: You can think of it as sub-planes, dimensional sub-planes, yes. ("The Divine Mother: We are Creating a New Species of Humans," channeled by Linda Dillon, July 10, 2014, at <http://goldenageofgaia.com/2014/07/12/the-divine-mother-we-are-creating-a-new-species-of-humans/>.)

How long will the Ascension door be left open?

Exactly the same way that the door to the thirteenth octave was kept open by those who passed through and held the door open, slightly ajar, for those who wished to continue, it is the same for this Ascension process.

The door is being kept ajar by those of the collective of humanity — and your star brothers and sisters, actually — who have diligently worked, both consciously, unconsciously, and subconsciously, to keep this door open so that as many may ascend into the new realm as possible.

So you are saying, "How long will the door be kept open? How long will people have?" At this point in your time, and in the convergence of the Divine Convergence, the door will be kept open for those who are diligently — and diligently is described and defined by yourselves — working on Ascension, the door will be kept open indefinitely.

No, not for thousands of years, but for the duration of, shall we say, a lifetime. ("Archangel Michael: Let Us Ease This Flight to Freedom," Dec. 19, 2012, at <http://goldenageofgaia.com/2012/12/19/archangel-michael-let-us-ease-this-flight-to-freedom/>.)





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## **Ascension is both gradual and sudden**

You are already having these subtle upgrades. And you have been for some time.

...

The subtle upgrades will continue and then there will be the “blink of an eye.” (1) (“Universal Mother: Your Family is the Legions of Light, June 18, 2013, Part 1/2,” at <http://goldenageofgaia.com/2013/06/universal-mother-your-family-is-the-legions-of-light-june-18-2013-part-12/#more-182555>.)

(1) The “blink of an eye” (actually there is more than one) consists of seventh-chakra enlightenment, called Brahmajnana, and a permanent heart opening, called Sahaja Samadhi. These will be discussed later in this series.

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## **What are the sudden aspects?**

Can this occur in the blink of an eye? Yes. Has it? Well, for some of you it actually has. That switch went on and you said, “Ah, I get it. I am it.” (“The Divine Mother: We are Creating a New Species of Humans,” channeled by Linda Dillon, July 10,

2014, at <http://goldenageofgaia.com/2014/07/12/the-divine-mother-we-are-creating-a-new-species-of-humans/>.)

It is that feeling — well, it is more than a feeling; it is knowing; it is ignition — it is that feeling that you have been switched on to a different frequency, and it happens suddenly. You may be working at it, working at it, working at it, and then you wake up one morning, and you see, perceive, feel, know different. ("The Divine Mother: We are Creating a New Species of Humans," channeled by Linda Dillon, July 10, 2014, at <http://goldenageofgaia.com/2014/07/12/the-divine-mother-we-are-creating-a-new-species-of-humans/>.)

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## **What are the gradual aspects?**

Remember, your whole system has been previously geared to maintain status quo at all costs, and as such, it will have more than one reason to rebel in the days and indeed nights ahead as this huge shift continues to unfold. For this is, as always, a gradual process, for if not, it would simply render you all unable to cope at all.

For this is not merely a superficial change, this is something that goes deep down into your very core, and indeed, the exact same goes for your whole planet. So as things start to shift, much will be set into motion, and we do mean that both in a physical and indeed a less concrete but still just as powerful way. ("The Constant Companions: The Manuscript of Survival – Part 407," channeled by Aisha North, March 31, 2014 at <http://aishanorth.wordpress.com>.)

Spiritual evolution is a gradual unfolding process, as an unprepared physical body could not survive an intense sudden intake of higher frequency energy – they would be incapable of handling it. The profound experiences that some indeed may have, are the fruit of an attained state of consciousness – hard work done in previous lifetimes. (Arcturian Group Message, September 15, 2013, at <http://www.onenessofall.com/>.)

The Fall did not happen as has been depicted through the Bible and mythology. It occurred gradually over a great period of time and its opposite, the Ascension and rising up of humanity, will also occur gradually for the collective. Thus follow the grand cycles of the Universe, in their vast sweep of ‘time’ far beyond the ken of most individuals. However, those who are in touch with their own multidimensionality can ‘see’ into these cycles and know that change will come.

("The Angels: The Choice to Live in Joy is Yours," channeled through Tazjima, July 14, 2013 at <http://bluedragonjournal.com>.)

It is all just stair-steps really, and how fast you go is dependent on your contracts and individual physical capability of holding the Light that you truly are, of course, but also on your ability to let go of attachments to the 3rd dimensional concepts of yesteryear. . . . As you sense and experience the freedom that comes from letting go of all attachments and beliefs and issues and fears that bring you back to your old way of living and thinking, like a tether attached to you, you will have the means and ability to soar even higher. ("Mary Magdalene: You Are All Exalted Beings of the Light," channeled by Fran Zepeda, September 29, 2013 at <http://franheal.wordpress.com/>.)

By now, you have already passed a multitude of steps on this "stairway to heaven" if we may use such a description, and we gather you will all get a kick out of looking back down to where you came from. Is it not a long drop down, and have you not mastered so much to get to this lofty vantage point already?

And please trust us when we say that even if you think we will once again ask you to muster whatever patience you might have left – for we will – let us also tell you that if you could see just how few steps there are ahead, we know you would all eagerly rush up those last enticing steps in a great hurry to get you all the way to the top.

Well, you might get more than a little out of breath if you do, so we suggest you keep up the pace you are already at. For this will serve you very well indeed, and it will not take you any longer to "get to the top" anyway. For in this as in everything else, events will unfold at the designated time and at the designated sequence, so just follow your own inner voice and know that every step you do take, no matter how hard or high soft it feels, will take you the exact length that is intended. ("The Manuscript of Survival – Part 350," channeled by Aisha North, September 5, 2013 at <http://aishanorth.wordpress.com/>.)

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## **Will it be gradual for some and sudden for others?**

For some, the awakening process will be gradual; for others, it will appear abrupt and sudden, but all are being prepared at inner levels for whatever will take place. Some persons have the capacity to adapt quickly, as they have integrated both the

energies of flexibility and strength, so they can flow. Others, facing change and holding within more rigid structures of resistance and denial, will find their worlds, perhaps, suddenly shattered by physical circumstances.

Then change will be confronted and no longer resisted for the human spirit, although tested and tried, can thrive on adversity and move through fear with grace. When those things, habits and belongings, are taken away or are found to no longer serve the needs of the owner, then it is easy to let go. Whether change and challenges will be met with resistance or with grace is entirely up to each individual and group. ("Higher Self and the Light Collective: On Integration," channeled through Tazjima, November 9, 2013 at <http://bluedragonjournal.com>.)

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## **What is the impact on us of the waves of energy that are hitting the Earth?**



Earth's ascension into successively higher vibratory planes with correspondingly stronger surges of love-light energy is accelerating souls' journey along the spiritual pathway. (Matthew's Message, Sept. 20, 2015 at <http://www.matthewbooks.com/mattsmmessage.htm>.)

You have been exposed to an influx of light that has been unprecedented on your planet thus far. We find it interesting when we hear you say that not much has

happened, when in reality, if you had been exposed to the energies that you are in now a mere two years ago, many of you would have not been able to sustain it.

Your bodies would not have been able to handle the energy, that is how much it has changed but much like you don't see things grow when they are right under your nose, the growth is gradual and consistent and you don't see it because you are too close to be able to see the difference. Let us assure you that you have done amazingly well.

To put it into perspective for you, you understand that when you move into a full moon you feel the effects building up to the full moon and then you feel it as you move out of it, as well. And you understand that when you are having an eclipse, that you feel the effects of the eclipse for quite some time before the event and for some time afterwards. You understand that when you shift into a new year, that it has its own unique new energies that you must acclimatize to.

You have just shifted into a brand new AGE. Imagine how much that multiplies the effects when you are in the ending of an age that has lasted thousands and thousands of years and is transitioning into a brand new age that will also last as long! On top of that, you are learning with your bodies how to assimilate the light that is flooding your planet and how to work in the higher dimensional energies. So it has been a lot and we understand and honour you for that. ("Archangel Gabriel: Expanding into a New Age," channeled by Shelley Young, June 21, 2013, at <http://trinityesoterics.com>.)

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## **What do we do about all the issues that are arising for us at this time?**

Nearly all of you, due to the suffering and betrayal you have experienced over the eons – suffering and betrayal that has been far too painful to acknowledge and remember – have issues to address that you have been in denial about for a very long time.

And for many of you, those issues are making their presence very intensely felt right now. You burst into tears suddenly, and often for no reason that you can identify. Let the tears flow! It is a necessary and very effective form of release.

Do not expend time and intellectual energy attempting to uncover the situations or issues that may be the cause, because mostly they are from previous lives. All you need to do is let the emotions flow while you watch them, accept them; and then offer love and compassion to yourselves. Nothing else is necessary.

Seeking and identifying causes is a distraction that can seriously mislead you, and might lead you into judgment and resentment, which are at best very unhelpful, and at worst may even be damaging for you. As we keep telling you, the answer to every issue or problem is Love; and Love includes compassion, forgiveness, and acceptance.

What apparently happened to cause you pain and suffering did not really happen. You are seemingly ensnared in a reality of betrayal and distrust, an unreal system of beliefs, and in the concomitant suffering that result from those beliefs. (Saul via John Smallman at <http://johnsmallman.wordpress.com/2014/11/18/let-go-of-any-sense-of-guilt-or-shame>)

For those of you experiencing doubt or a perceived drifting-away from your growing higher dimensional perception, we wish to calm your tension by letting you know that everything you experience currently is a necessary and ordained part of your process....

You're growing toward the higher dimensions, rather than away from them. It's simply that many of you are experiencing facets of your Earthly growing and leaning that are necessary to be experienced before your ultimate ascension into the high dimensions. ("The Ascended Masters and the Pleiadians: Ascension is Being Pioneered by Each of You," channeled by Wes Annac, August 2, 2013 at <http://aquariusparadigm.com>.)

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## **Will our process of shifting be complete soon?**

Even those of you who feel yourselves aficionados in regards to feeling purer vibrations haven't seen anything yet, and the alignments and important celestial configurations you'll continue to enter will continue to cause deeper and more powerful shifts within.

These shifts will continue to be reflected in your outward reality with the destabilization of old paradigms and the things that have driven them, and you can

watch everything playing out from the Loving standpoint of a soul who's rediscovered your sacred ability to feel heaven from the Earth. ("Our Universal Family: Every Facet of Consciousness is Inexplicably Connected," channeled by Wes Annac, October 28, 2013 at <http://aquariusparadigm.com>.)

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## **Will this completion process continue past Ascension?**

Each of you as an extended awareness that has gone forth from the Heart of the One, has buried within your unconsciousness many emotions and thoughts that require purging as you undergo the journey of return. At each step as you go higher, you will find it necessary to release even more of the repressed memories or emotions.



This process continues on even past the stage of physical ascension. So, do not panic or judge yourself as being a failure when, yet again, you begin to experience these strong emotions. ("The Angels: Words of Support & Encouragement," channeled by Tazjima Amariah Kumara, July 11, 2014 at <http://bluedragonjournal.com>.)

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## **Will our children ascend?**

Steve Beckow: I'm under the impression that children below a certain age are regarded as innocent and will automatically ascend with their parents. Is that a true statement?

Archangel Michael: Yes. Most children are of pure heart. They are of love. And that is particularly true of the children that have come in in the last 20 years. That is why so many of them are completely disillusioned and feel disenfranchised. They don't understand what on earth they are doing here and how they got here. Because they still have that core of innocence and of love. There may be some confusion, but they are still in that state of innocence. They are like little cherubs. ... So, under eleven.

SB: Under eleven. Okay. Will children who appear not to understand ascension or issues dealing with ascension still ascend?

AAM: Yes. The issue isn't intellectual. It is a heart decision. It is a heart knowing. Each of you on Earth have had situations where your guide or guardian angel has nudged you and you say, I'd better get out of here, this doesn't feel right. And so you leave a place where, perhaps, danger is lurking. That is the sensation many of the children will have: "I don't think I'm going to stay here; I think I'm going to go." And it will be that simple. ("Archangel Michael on NESARA, Opposing the Cabal, and Ascension - Part 3/3," Oct. 3, 2011, at <http://the2012scenario.com/2011/10/archangel-michael-on-nesara-opposing-the-cabal-and-ascension-part-33/>.)

We know that with Ascension approaching some parents express concern about their children, and that is understandable. Let us explain that they are as every other soul at this time, following their life plan. They chose who to be with and they would have known about their future as well as yours. Look upon them as souls simply becoming acclimatised to Earth life, with as much potential if not more than yours.

Certainly over the last 30 years or more, many souls have been chosen to join you at this special time because of their highly evolved state. They are needed to bring out their Light, and help the awakening of other souls whose consciousness levels need lifting up. The whole process of Ascension has required an army of Lightworkers to put it on a firm footing.



There is in reality no need to worry about any other soul whether they be young or old, and about their place in Ascension. All of you came to Earth knowing fully well what the challenges would be, and what your karmic lessons would entail. You are all fully equipped to deal with your life plan, and you have a number of Guides who help ensure it all works out successfully for you. (SaLuSa, April 20, 2012, at [http://www.treeofthegoldenlight.com/First\\_Contact/Channeled\\_Messages\\_by\\_Mike\\_Quinsey.htm](http://www.treeofthegoldenlight.com/First_Contact/Channeled_Messages_by_Mike_Quinsey.htm).)

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**If a parent chooses to stay for the sake of a child, or a spouse for a partner, will that parent/spouse miss out on Ascension?**

Steve Beckow: There are parents who are worried that they will ascend against their will and leave their children or spouse behind when they don't want to. Is it possible to ascend against one's will?

Archangel Michael: It is absolutely impossible.

SB: So that, so the simple thing then is just to say, I don't wish to ascend at this point?

AAM: You see, this is the power of no.

SB: [Laughter] Right.

AAM: No, because part of the ascension process is the act of will. It is the alignment of your heart, your mind, your spirit with your will, not just the will of all, but with your will. We are not going to override that.

SB: Okay, so that's the brake.

AAM: That's the brake. ...

Steve Beckow: Has a parent who chooses to remain behind when ascension occurs for the sake of a spouse or a child forfeited their chance to ascend for the next 26,000 years, or will they ascend upon the death of the physical body?

AAM: Of course they will ascend on the death of the body.

SB: All right. So it's not the case that there's a window that briefly opens and then shuts and these people have lost out altogether?

AAM: Why would we ever punish? We are not in the punishing business. And we would certainly never punish for love. When one stays because their love and their caring is so intense, their commitment is so intense - that is always taken into account. They will have their chance. ("Archangel Michael on NESARA, Opposing the Cabal, and Ascension - Oct. 1, 2011 - Part 3/3," at <http://the2012scenario.com/the-2012-scenario/what-role-are-the-angels-playing/archangel-michael-on-nesara-opposing-the-cabal-and-ascension-part-33/>.)

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## **Some relationships will end**

Beloveds, you must be willing to let go of those things in your life, which include relationships as well as material things that are no longer compatible with your new State of Being. You will find, as you move swiftly forward and upward on the path of Ascension, that whatever you are leaving behind will be replaced with people and things of a more refined level, which will be much more meaningful and important in your future existence. ("Archangel Michael: The Path of Ascension is the Path to Freedom," channelled by Ronna Herman, August 29, 2013, at <http://www.ronnastar.com/messages-aam/latest.html>.)

Everything is energy and when your relationship with something or someone works, it means you are vibrating at the same rate. When an individual's energy level changes, he often no longer resonates with those same people, foods, entertainments, news, etc. and is no longer on the same "wavelength" so to speak. Spiritual growth is the process of evolving out from under the dense and heavy energies of separation and duality consciousness and into the higher lighter frequencies of truth.

Some, in ignorance of what is happening, struggle to restore what they no longer resonate with, thinking that there must be a problem within causing them to no longer enjoy or believe the way they used to. This is not a problem, but a graduation Dear Ones, and simply reflects a shift in the energy from what you are used to (3D concepts and beliefs) to what is now awakening (truth of who and what you are).

This is what you have been asking for Dear Ones, so please do not be afraid to let go of anything and everything that no longer resonates with you, no matter how much it has been a part of your life up to this point.

We hear many say; “What, my marriage, my family, just let them go?” No, letting go means letting go of your concepts about these things. It means a conscious choice to remove any energetic cords still holding you in bondage to concepts of persons, places or situations – it is spiritual awareness, and then a living out from that awareness.

This may or may not result in the ending of some relationships because awareness brings with it a sense of detachment, even within ones family. Issues that seemed very important simply no longer resonate, and this is often difficult to accept for those who have always known you in a certain way.

When there is no longer anger or related ego issues with regard to some person or situation, but simply the realization that the whole thing is now old and has been completed through truth and Love, then whatever it is can be let go of and left.  
(The Arcturian Group, June 30, 2013, at <http://www.onenessofall.com/>.)



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## **What is the fate of those who choose not to ascend?**

What is so very different in your present timeline, for which you have all prepared for in many incarnations, is that the third/fourth dimensional holographic projection of Earth is closing. Gaia and all Her inhabitants are returning to their true Multidimensional SELF. Those who wish to take on a physical form to study at a “planetary school of cause and effect” will need to log into a different planet.

Those humans who do not feel complete with their lessons of cause and effect will simply shift from Gaia’s holographic projection to another planetary holographic projection to complete their education. No outer source will judge these humans, as the concept “outer sources” is a third-dimensional illusion. In fact, the concept of “judgment” is a third-dimensional illusion. ("Message from the Arcturians: Happy Summer Solstice – Becoming Masters," channelled by Suzanne Lie. June 21, 2014 at <http://goldenageofgaia.com/2014/06/22/message-from-the-arcturians-via-suzanne-lie-happy-summer-solstice-becoming-masters/>.)

Life on your present Earth is coming to an end and of necessity, because the cycle of duality has all but completed its course. Nothing stands still and all is in motion and change to take up a new position according to its vibration. Separation of the souls on Earth is therefore quite a natural occurrence, as the Law of Attraction is always in action.

Do not worry about anyone's path as all are destined to follow one that has already been planned. You will all find yourselves in the right place to continue your evolution. Think not of losing your contact with those you love, as [you] will always be one with them wherever they are. In the higher dimensions, time and distance are no barrier to travel or communication. (SaLuSa, Nov. 5, 2012, at [http://www.treeofthegoldenlight.com/First\\_Contact/Channeled\\_Messages\\_by\\_Mike\\_Quinsey.htm](http://www.treeofthegoldenlight.com/First_Contact/Channeled_Messages_by_Mike_Quinsey.htm).)

It is accepted that not everyone will be ready to ascend, and that will be by their choice. You are not looked upon as being any the less successful than any other soul, and you will eventually reach the same level as any other one.

Many souls have identified with the earthly vibrations and become separated from their real self. That was expected and is seen as an essential part of your experiences, and represented the real challenge that you elected to face. ...

We do not forget those who are not ready or choose not to go, and they also shall receive our protection until they leave Mother Earth. We love you all, and see your Light beaming out even if in some it has not fully developed. To us you are all One and we make no exceptions whatsoever. (SaLuSa, Sept. 21, 2012, at [http://www.treeofthegoldenlight.com/First\\_Contact/Channeled\\_Messages\\_by\\_Mike\\_Quinsey.htm](http://www.treeofthegoldenlight.com/First_Contact/Channeled_Messages_by_Mike_Quinsey.htm).)

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## **Should we try to change the mind of a family member who does not want to ascend?**

It is within families that the most difficult problems are likely to occur, because where they are close knit they like to stay together. The chances are that they will have already planned to go into the future together. However, there will be instances where perhaps one member will be adamant about following their own feelings, that may be the opposite of what the others have accepted.

In those circumstances you must allow that person to exercise their own freewill choice. Subconsciously every soul instinctively knows what is right for them, and clearly they must feel at ease with their decision. In general families with young children will find that they do progress together as one unit.

As we often remind you, the love bond where families or friends are concerned will ensure that there is always a link between them. So do not worry that you face permanent separation when one of you takes a different path. In the higher vibrations you can locate each other by thought, and at some point you will be able to travel anywhere instantaneously. (SaLuSa, Oct. 15, 2012, at [http://www.treeofthegoldenlight.com/First\\_Contact/Channeled\\_Messages\\_by\\_Mike\\_Quinsey.htm](http://www.treeofthegoldenlight.com/First_Contact/Channeled_Messages_by_Mike_Quinsey.htm).)

In the final reckoning whatever is believed will be down to free choice, and such souls will continue their experiences in a vibration that is the same as theirs. There is no point in trying to force people to accept what they are unprepared for, and that is not our way. (SaLuSa, Sept. 12, 2012, at [http://www.treeofthegoldenlight.com/First\\_Contact/Channeled\\_Messages\\_by\\_Mike\\_Quinsey.htm](http://www.treeofthegoldenlight.com/First_Contact/Channeled_Messages_by_Mike_Quinsey.htm).)

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## **How will it be for fundamentalists and scientists who cannot bear to watch their spiritual or scientific "truths" be disproven?**

Many whose religious or scientific beliefs are the foundation of their lives will choose to depart rather than accept the forthcoming truths that differ profoundly from what they were taught. People whose wealth came under the old systems may be so fearful of losing everything when the global economy collapses that they will leave before they could know that new systems will function smoothly and fairly under knowledgeable managers with moral and spiritual integrity. (Matthew's Message, Jan. 4, 2012, at <http://www.matthewbooks.com/mattsmessage.htm>.)

Individuals whose rigid beliefs are founded on false religious dogma and flawed science will be the most resistant - their beliefs are the very foundation of their lives or their livelihoods. And when the facts about "9/11" and the reasons for wars in Afghanistan and Iran - ALL wars! - are revealed, families and friends of all who died may be disbelievers because knowing why their loved ones died could be overwhelming. All of these people need compassion and understanding - they will be able to accept the truth after they transition to Nirvana.

Please do not feel sad if persons dearest to you are among the non-receptive. Spiritual evolvement comes at a pace that is as unique as each soul itself is - when the time is right for your beloved people to have conscious awareness of universal knowledge and grow spiritually, they will. (Matthew's Message, Aug. 11, 2011, at <http://www.matthewbooks.com/mattsmessage.htm>.)

The majority of people who will leave are the devoutly religious whose very lives would be meaningless without their beliefs; their bodies will die at various times, depending on each one's ability to deal with formidable mental and emotional stress after the truths about religions emerge. Once in Nirvana, all those dear souls will be aware of the truths, and will choose to consciously remember them in their next incarnation. (Matthew's Message, Oct. 19, 2009, at <http://www.matthewbooks.com/mattsmessage.htm>.)

A large number of people who have lived in godly ways will choose not to ascend with Earth after the truth about the origin of religions emerges: They were designed in darkness to deceive and control the peoples, by the most divisive element of life on Earth, and reap wealth for the heads of churches. Although everyone on Earth knows that truth at soul level and it is a contract choice to consciously remember it,

many of the devoutly religious will be unable or unwilling to accept that their deep-seated faith is founded on false teachings.

By so doing, these individuals deny the light within truth, that they are god and goddess selves, eternally inseparable from God and all other souls in this universe. Their next pre-birth contract will again include the provision to become consciously aware of that truth during their next physical lifetime, which will be in a third density world.

Regardless of the reason a soul leaves this lifetime, physical death will come from any of the many causes that exist now. There will be no mass departure of darkly inclined persons when Earth reaches some specific vibratory level because the amount of light within bodies varies.

And there is no way for you to distinguish between light-filled individuals who leave Earth lifetimes in accordance with soul contracts, those who choose to leave rather than accept the truth about religions, and persons whose bodies' viability is snuffed out because they lack the light to survive in the vibratory level Earth entered. (Matthew's Message, Aug. 13, 2010, at <http://www.matthewbooks.com/mattsmmessage.htm>.)

When the truth about religious dogmas emerges, many will choose at soul level to leave; later they will embody in a third-density world where their beliefs can remain intact until once again the truth emerges about religions' false teachings, and they will have another opportunity to open their minds and accept that truth. (Matthew's Message, Jan. 11, 2010, at <http://www.matthewbooks.com/mattsmmessage.htm>.)

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## **Will we always be plagued by the dark Ones?**

The harshness and confrontation you experience now will disappear for good, as those beings who cause such problems are not ready to ascend. (SaLuSa, Oct. 19, 2012 at [http://www.treeofthegoldenlight.com/First\\_Contact/Channeled\\_Messages\\_by\\_Mike\\_Quinsey.htm](http://www.treeofthegoldenlight.com/First_Contact/Channeled_Messages_by_Mike_Quinsey.htm).)

Yes, some are seriously lagging and causing misery to many, but please don't let this be foremost in your thoughts and feelings—be mindful that the universal law

of attraction is in constant operation. (Matthew's Message, Sept. 20, 2015 at <http://www.matthewbooks.com/mattsmmessage.htm>.)

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## What will happen to them?

When Earth reaches a specific frequency, will all the dark ones and any others who don't accept the light die at the same time? There is a frequency, or vibratory level, wherein carbon-based bodies cannot survive, and the bodies of the puppets of darkness will die within a very short period. In some cases, this simply means that no new clones will replace the ones that degenerated. (Matthew's Message, Oct. 19, 2009, at <http://www.matthewbooks.com/mattsmmessage.htm>.)



Earth is nearing vibratory levels where the light is so intense that all who have refused the light - the ones we speak of as dark simply to indicate their lack of light - will die. That may sound unduly harsh, but it is not a matter of some "divine" judgment or punishment - it is simply the physics governing life in this universe that bodies bereft of light cannot survive in those higher vibrations. In short, all those who have been causing fearful conditions will be disappearing. (Matthew's Message, April 23, 2011, at <http://www.matthewbooks.com/mattsmmessage.htm>.)



The souls whose lifetime energy registration was of the basest density - what some would call pure evil - automatically will be drawn to the only part of Nirvana that is separate from the flexible layers, the tiny orb near your moon where the density is so great that it holds those souls captive. They are aware of where they are and what they did that led them to that densest part of Earth's spirit world because it is there that they review their entire past lifetime moment by moment and feel their every emotion along with the emotions of everyone whose lives they touched in any way. This review process is the hell of some religious concepts.

Light is constantly beamed to those souls, and if they choose to accept the light, they will embody in a first density placement in primitive forms that have no memories or intelligence, but only an instinctive existence. This allows those souls to start with a clean slate, unencumbered by memories of the dark behavior that led them to that densest of placements in your part of this universe.

Persons whose lifetime energy was of very low density - those who ignored their soul contracts and whose deliberately ruthless actions prevented others from fulfilling their own contracts, but were not as tyrannical or diabolical as the souls consigned to that tiny orb - automatically are drawn to a first density world and start over from scratch.

When they accept the light that is beamed continuously into the placement, they can incarnate in a second density world where they will have no memory of other lifetimes but do gain a conscience, a capacity for reasoning, and free will choices. With this greater degree of innate abilities comes the option to act within the light or the darkness, thus they can have many lifetimes in second density, relapse into first, or progress into a third density world. As for the veil of forgetting falling on residents of a third density world - how many of you remember why you are where you are?! (Matthew's Message, March 29, 2010, at <http://www.matthewbooks.com/mattsmmessage.htm>.)

Those who are not of the Light but lean towards the dark side are in fear as they see the world falling apart, unlike you of the Light who have everything to look forward to. They are likely to drop further into the mire, seeking solace in drink and drugs. Hopefully when the truth about us and the coming Ascension is known, many can be encouraged to look to the Light for a path back to normality. They may not do enough to sufficiently raise their vibrations to ascend, but any progress made now will be of value when they start their next cycle. There is no question of any soul losing any gains made in raising their consciousness levels. (SaLuSa,

Aug. 3, 2011, at [http://www.treeofthegoldenlight.com/First\\_Contact/Channeled\\_Messages\\_by\\_Mike\\_Quinsey.htm](http://www.treeofthegoldenlight.com/First_Contact/Channeled_Messages_by_Mike_Quinsey.htm).)

As you can imagine, such Beings are those who are of the Illuminati and controlled the plans to bring about world slavery of the Human Race. Clearly with Ascension so near to manifesting they will eventually be removed, and spend their time at an appropriate level where they can reflect upon the effect they have had upon millions of Beings. All is not lost where they are concerned, but their path back to the Light will be long and arduous. (SaLuSa, Dec. 19, 2011.)

**Will they be brought to justice, either now or later, here or elsewhere?**

Nothing escapes our notice, and there are no hiding places that the Illuminati and their minions can use to avoid their fate. They have been offered a way out if they resign, but that does not mean they can get away with their crimes against Humanity. There are far greater powers than us who are involved in ensuring that justice is meted out. (SaLuSa, Feb. 20, 2012.)

The dark Ones are being driven into a corner, that will enable us to finally put paid to their activities.

The removal of the Illuminati will be a monumental achievement and take away their ability to cause any further trouble, and that is high on our list. We can only add that patience is called for all round, as some of these tasks are very delicate and finely balanced. (SaLuSa, Jan. 20, 2012.)

Over the many years we have accumulated more than sufficient evidence to show which individuals have broken their promises to work for the people, and instead fallen for promises to get rich quick at their expense. We can therefore largely dispense with the laborious and long winded trials that there is no longer sufficient time for. However, some crimes against you are of such gravity that a few individuals will stand trial, so as to reveal the full extent of them. (SaLuSa, Dec. 19, 2011.)