



The Spiritual Warrior's Guide to Light
(an Ascension Manual) Volume 1

*From the pen of Mercury (Thoth), the feet of Pele, and the Heart of Christ:
thru Arati Elizabeth
(Anne Elizabeth Rossetti)*

*Dedicated with much love & gratitude,
to My Father, Valentino-
who kick-started me.
May the message spread far & wide.*

What follows are helpful sayings on the path of the Human Soul's evolution, from far & wide. Documented, if known. Choose any which resonate with you. All are helpful.

Trust Source

Trust Life

*The paths to Source are as varied and numerous as grains of sand.
Each one is sacred and accounted for, and All are blessed & unique.*

All are Worthy.

Self-realization is the greatest gift you can give to anyone.

*“Ascension is and has always been the ultimate goal and end result of third dimensional
existence.”-Christ, The Crystal Stair*

This manual is not an escape from reality. It is an escape to reality.

God loves Everybody.

Be concerned with Yourself.

Don't be deluded by physicality.

“Matter is frozen light.”-David Bohm

Choose Love, Choose Light

Forgiveness precedes Freedom

“The simplest way to ascension is:

Behold,

Be grateful.

Forgive.”

-Jeshua (Christ), Love Without End, by Glenda Green (LWE)*

Simplify!

Clean your house.

Relax & Breathe

Sage your mind.

Weed your Head.

Lighten your load.

Vacuum your chakras.

Hot water is the hallmark of civilization.

The 1st rule is: Stay warm, safe, dry & fed.

Always make a wish on your birthday.

Sweat Freely. Shed your skin.

Ground your energy. Plant your thought form.

Ask for Guidance

ASK, ASK, Ask ,ask, ask.-Jack Canfield

Ask to connect with any ascended Master, Saint, Prophet, or Angel that you resonate with. Now. Just ask. You will receive.

Change is inevitable, Growth is optional.

Consumerism is seductive, yet unreal.

*Desire for spiritual growth cannot be forced on another.
Therefore, let sleeping beings lie.*

Don't deny others their experience.

Every person's desire is according to their evolution.

*"Have an attitude of gratitude because without gratitude, you'll have only an attitude."-
Ginger Saiki, flight attendant for Hawaiian Airlines*

Addictions steal your life force & clog your auric field. Release yours & rise.

The 2nd rule is: "Nothing in excess", or "Moderation in Excess." The Delphi Temple

"No prayer goes unanswered."-Gandhi

"NO one is overlooked."-Christ

What is yours will come to you.

Know it is yours, if it returns.

If a situation is disruptive, remember, there's always another perspective.

If you cannot change the situation, practice patience & acceptance.

Surrender maybe required.

Without honesty, there is no foundation.

Trust that a new understanding will bring forth a new vision.

In any issue go to the heart of the matter, it's the heart that matters most.

Jettison stagnation & delay.

"There is no time to waste."-Robert Downey, Jr. as Sherlock Holmes

There is not enough time for stupid.

It is the practicalities of life which keep it elastic.

"Imagine."-John Lennon

Live free or die.--New Hampshire state license plates

Be natural.

"Give me liberty, or give me death."-Patrick Henry

Develop a conscious relationship with your Creator.

"Just because you can't see it, doesn't mean it isn't there."-Dr. Louis Kervran

Prayer is the most powerful tool we have.

Enjoy the process.

Ask for confirmation.

If it doesn't fit, don't use it.

Don't carry baggage.

Life is an adventure. Douglas Adams was right, "Always bring a towel."

*"Sometimes in Life, you must deal with life on life's terms.
Just follow your heart and it will work well for you."-Colin Sprick*

*"All relationships are teaching & learning relationships."- Christ, Course in Miracles
(CIM)*

Cultivate faith.

Fuel Courage.

Take 100% responsibility for your life.

Do the right thing.

Up is a direction, intend to move there.

Meditate until your life becomes a meditation.

All is possible.

Be visionary.

Do what brings you joy.

Say "Please", and "Thank You", often.

Transform.

It is the real by which we exist, and the ideal by which we live.

God so loves us, he gave us Free Will. Exercise yours.

Say NO, when necessary,

Ask for forgiveness.

Honor your Mother and Father

Kiss the ground you walk on.

Keep a song in your heart.

To outwardly manifest a life, in-vision it, first.

A Maverick is an independent individual who refuses to conform with his group.

Maybe you are one?

David Ladinsky knows, "Hafiz is a rascal."

As above, so below.

As within, so without.

Go within, or go without.

Begin Within.

The exterior is a mirror image of the interior.

The war is within. When everyone finds peace within, war will end.

"Peace be with you."-Christ

God wants the very best for Everybody.

"God's present to us is a life and a body.

Our present to God is what we create with it."-Francesca Asumah, Bikram Instructor

Be prepared. Carry a spare.

Friendly fire is the worst.

Play.

In-joy.

When in doubt, do nothing.

Maximize the opportunity.

Enjoy every opportunity for positive change.

A thing of beauty is a joy forever.

"With beauty before me, I walk the Beauty way."-Navajo Prayer

Every Soul has it's own timing, just like a flower & unfolds in beauty & majesty.

Existence is seamless. So is a good saxophone.

"When every way is closed before, the Secret One will show a secret path."-Rumi

Trust a path will open.

There are no accidents.

Watch for synchronicities.

Face fear, recognize it, name it, and pass through it.

"It's a warrior's skill to know when to retreat and regroup."-The Runes

You can always change your mind.

*"Emancipate yourself from mental slavery.
None but yourselves can free our mind."-Bob Marley*

"Neurons that fire together, wire together."-Dr. Thomas Sudhof

Be a beacon of light in the storm.

Warm your own heart.

A rich inner life is a blessing.

Celebrate.

Balance.

Do no harm.

*Once the spiritual eyes of wisdom are opened, you will see Goddess & her Goodness
everywhere & in everything.*

Some of us must resolve the evil witch.

Cherish life.

Propagate Goodness.

Seek harmony.

Be mindful.

"Love one another."--Christ, The Bible

Trust your inner guide,

Earth is Eden.

"Delay does not matter in eternity, but is tragic in time."- Course in Miracles

"Awareness is not enough, we must take action."-Jack Canfield

"Do or do not. There is no try."-Yoda

"Seek ye first the kingdom of heaven, and all else will be given ye, besides." Christ, The Bible

The Kingdom of God is within.

All yearning for enlightenment is witnessed, honored & fulfilled.

Intuition is direct knowledge of the Goddess. Trust yours.

Truth is a living vibration.

Find a new solution to an old problem.

Seek Guidance.

Forgive. Forget. Move forward & upward.

Cut cords, yes, but also skip, jump & play.

Never underestimate commitment.

Energy flows where intention & attention go.

It's all energy.

During the dark light of the Soul, do not despair. Let go of all, yet still see the awe & wonder of our universe. Give thanks, and walk away, free.

"The mind describes and explains, the Soul sees and understands."-Sri Aurobindo

When you ride the elevator up, don't forget to get off and walk around.

The zero point holds all possibilities.

Entertain success.

Everyone is a channel. Open yours to the highest vibration.

Don't go back to sleep.

The fish in the water's not thirsty.

Consider buoyancy, in all realms. Prefer that.

Entheogens have their place. Honor them, but don't get caught.

Investigate & Honor the kingdoms, especially : Mineral, Fungi, Plant, Animal, Devic, & Angelic.

Honor your efforts.

Darshan is available.

Tantra is a way.

Find your path. Bushwhack, if necessary.

Karma can dissolve.

Avoid regret & polyester.

When you experience a rarified atmosphere, tread softly.

Timing is key.

Learn what you want & then, know where you're going.

"The greatest pilgrimage is to your knees."-Lalla (Lal Ded)

Discernment is a gift.

Tolerance toward others is the first sign of self-realization.

Allow the flow, or Allow & Flow.

“A never ending pursuit of greater wholeness is the answer to ascending the levels of your life.”-Christ (LWE)

Our Universe grows through periods of contraction & expansion.

Open to formlessness.

Experience Ecstasy

As you change elements, you change vocabulary.

Practice the elemental breaths.

Peace of mind>still mind>clear mind>no mind>>Bliss

The elements are a medium for light & sound. Colors & musical notes are meaningful. Each vibrates to it's own frequency. Find your favorites & watch them change, as You grow.

Feelings are the language of the Soul.

This universe is unlimited.

“Death is the biggest myth on the planet today.”-Christ

“Death is a convenient clearing house for useless personalities.”-Christ

Think Universally, Speak Cosmically, act Globally. Feel into the Multiverse?

It's all by Grace.

Grace is bestowed.

You can't stop the rain.

The path of the heart brings joy.

Here electromagnetism rules, but magnetism dominates.

Love is the energy that heals.

Love is not blind, it sees with the heart, not the mind.

"Your heart is your higher intelligence, your mind is merely a servant."-Christ, LWE

The heart of man is the temple of God.

"Change your heart and you can change your life."-Christ LWE

"The heart is the bringer of miracles."-Christ, CIM

Give your whole heart, and then, your heart is free.

"The true revolutionary is guided by feelings of the heart."-Caesar Chavez

"Compassion is the radicalism of our time."-The Dalai Lama

At the center of your Soul is the Sacred Heart Chakra. This is the point where you are one with God. We all have this, it is our birthright. Find it & breathe life into it.

The heart sees infinity within and without. It can behold perfection, and it can ascertain the origin of conditions thru the Akasha.

When you live in the heart, you live immortally & eternally.

Love and Light spin our world.

The matrix is Love.

"Behold infinity everyday and all that seek will be given you."-Christ, LWE

*Revelation unites us directly to our Creator,
Miracles unite us directly to our brothers & sisters.-Christ CIM*

"If the heart is alive, the whole life becomes one single vision of His sublime beauty, speaking to us at every moment."-Inyat Khan

The Sacred Heart is the central focus point of your very Soul. It is the lens through which your Soul integrates all of your earthly emotions and your divine awareness into a focused point of infinite possibilities. This is the source of power your Creator has established within you, not your mind.-Christ, LWE

"Intelligence is born through insight. When intelligence is awakened, compassion comes into being."-J. Krishnamurti

Through your sorrow, may your love blossom.

Pain is the great equalizer.

Empathy is necessary for compassion.

Souls that vibrate together, migrate together.

Be the love that you are, which means to accept and connect with the situations of your life. The more you move into contact with life and harvest it's revelations, the more you will develop a sense of humour.-Christ (LWE)

God is the ultimate jokester.

Face-to-face realization of Truth gives one intuitive experience, true vision & understanding.

In the clear atmosphere of faith, realization continues to unfold.

Time is relative, but no time is exquisite

"Open your eyes that you may see, and your ears that you may hear. For there is nothing hidden that will not be revealed, nor has anything been kept secret that it should not come to light."-Christ, The Bible.

"Know thyself, and thou shalt know the universe and God"- Temple of Apollo at Delphi

Check out Muhammad's Prayer of Light

Check out Osho's meditations.

"Flower in this generation, triumphantly."-Bob Marley

"Who ever knows the mystery of vibrations, indeed, knows all things."- Hazrat Inyat Khan

"That which is unfolding before us most certainly was once unfolded from design and radiance beyond our imagination."-David Bohm

Heaven on Earth is desire fulfilled.

Devotion is the desire of the heart to be with The Beloved.

Our relationship to Source by the Law of Grace, and That IS the Law of Freedom. Christ, (LWE)

"When by devotion one pulls God into her life, then automatically eternal prosperity, immortality, wisdom, and ever new blessings are added unto her."-Paramahansa Yogananda

"We come to identify with our planetary, galactic, solar, and even angelic inheritance as the boundaries of consciousness dissolve."-Inyat Khan

Dissolving into light requires being in a state of love.

Just relax & breathe.

Allow striving to dissolve.

"It's good when you fade in & out. It means you're relaxed."-Abel Iui Simione, Konahiki of Ka'u

Life is simple.

Be still and know.

Drop in. Relax. Release. Dissolve.

“There is one consistent basis for reality, and that is the very essence and presence of God manifest through all existence.”-Christ (LWE)

“The best way to predict the future is to create it.”-Harry Uhane Jim

“What you believe is your most sincere prayer”-Christ, LWE

*From Notes from the Unstruck Music, The Gayan of Inayat Khan
Alapas, God speaking to man:*

*“When a glimpse of Our image is caught in man,
When the heaven and earth are sought in man,
Then what is in the world that is not in man?
If one only explored him, there’s a lot in man.*

*If you would go forward to find Us,
We will come forward to receive you.*

Give up all that you have, and We shall give you all We possess.

In man We have designed Our image, in woman We have finished it.

*In man We have shown Our nature benign; in woman We have expressed Our art
divine.*

*O=peace-maker, before trying to make peace throughout the world, make peace within
thyself.*

Thou art the master of life here and in the hereafter.”

*“The Kingdom is inside of you, and outside of you. When you come to know yourself,
you will then be known, and you will realize that it is you who are sons & daughters of
the living Father.”-Jesus Christ*

And It helps to remember, this is all temporary.

**Note: In the book, Love Without End by Glenda Green, Christ explains his actual name is/was Jeshua, so in all the quotes from this book, please realize it is Jeshua, whom throughout history has been called, Jesus Christ speaking.*



About Arati Elizabeth:

She lives with gratitude for the Christian, Sufi, Buddhist, Hindu, Hawaiian, Elemental and Vibrational Masters, Saints, Prophets, Teachers, and Kingdoms, --of form, spirit, and energy--

Known & Unknown in This World.

And in humility and appreciation she enjoys the opportunity to Serve.



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