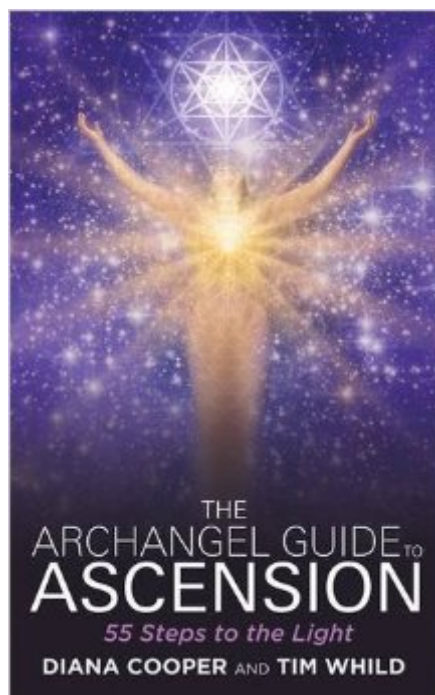


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# The Archangel Guide To Ascension: 55 Steps To The Light



## Synopsis

Since 2012, the energy on this planet has changed considerably, with much more high-frequency energy coming in. In addition, many of the tools and techniques we have been using on the ascension path have moved to a new vibration with different geometric set-ups. Diana Cooper and Tim Whild have been working with the angels for many years and believe that people are ready to receive this higher-level information. In this book, they share new, high-frequency ascension information with their readers. The Archangels are stepping in now to help you to ascend your frequency to the fifth dimension and beyond. In *The Archangel's Guide to Ascension*, they offer clear steps to accelerate your journey to the light. These steps are sequential so that your path will be smooth and clear. Each chapter offers guidance about the Archangels, information about the step you are on, and a visualization to assist you. Archangel Metatron, who vibrates with the number 55, is overlighting the whole book, and will be with you as you work with the guidance it offers.

## Book Information

Paperback: 288 pages

Publisher: Hay House UK (March 2, 2015)

Language: English

ISBN-10: 1781804710

ISBN-13: 978-1781804711

Product Dimensions: 5.3 x 0.7 x 8.5 inches

Shipping Weight: 15 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars See all reviews (33 customer reviews)

Best Sellers Rank: #128,952 in Books (See Top 100 in Books) #158 in Books > Religion & Spirituality > New Age & Spirituality > Angels & Spirit Guides #3132 in Books > Self-Help > Personal Transformation

## Customer Reviews

55 glorious steps to the light. I am currently on step 19, and just had to share how full of light I feel tonight. I feel *The Archangel Guide To Ascension* is suitable even for those who may struggle to connect, as each step is explained clearly and simply, yet rich in directing you towards the light. Every cell in my body feels lit up, I feel peace in my soul and joy in my heart. Now, onward to the remaining steps. I can't believe how much dross is shed through the meditations! Update: Steps 19 to 40 took two weeks to integrate. Finally, I am ready and eager for another step:- 41- The Higher

Mahatma Energy for the 12 Chakras. The authors share that the Mahatma is the highest energy that is available right now. The meditation commences with calling in the Mahatma with an invocation. You will visualise golden white energy flowing through the chakras one by one. I took my time over each step, allowing the chakras to fill with light to full capacity, holding the light, allowing it to absorb, whereby it began to shatter old blueprint patterns in my body. I could literally recognise and feel each limiting belief of my own or projections that I had accepted from others (for whatever reason, ranging from seeking approval, acceptance and love to authority issues). The light and love of the Mahatma raised my frequency to that of my higher self/sovereign body, revealing, once again, my full potential and showing my higher pathway more clearly. Although moving through each step in the book, I did find myself drifting quickly to other worldly states, seeing additional colours, templates, cloaks and temples. This may depend upon where you are at, in any given moment, but shows the potential for opening up to higher worlds, energies and places. Even if you have not practiced energy work at this level before, you can step right in and learn about etheric retreats:- where they are, their colours, the higher beings who overlight them and their mission and colour, which dimension/s and more... Step 42, Co-create the Aquarian Ascension Pool is a truly beautiful meditation to experience and really quite unique. You will feel the radiance of spiritual energy refresh and re-awaken your soul. The love of the spiritual beings touches your heart and opens higher pathways. If you are drawn to read this book, you are probably a wayshower. The Mary Cloak in step 43, involves firstly receiving the cloak, and secondly giving healing to others with aquamarine wings. Tools for prosperity and abundance in step 44 are very helpful. To understand the manifestation process a useful analogy is used:-Quote:- In the fifth dimension we are a master and are expected to send out a frequency that will provide a pure universal return. This means we must provide for ourselves. This is critical for the fifth dimension. Until our frequency is pure, we may be sending out mixed messages to the universe. Here is an example of how it works. You have been living in a cottage (third dimension). You have added extensions (fourth dimension). Now you want to build a mansion over it. However, you still live in the old construction until you have demolished it completely and finished the bigger build. Manifestation is our birthright. It is incorporated in our fifth-dimensional blueprint and it is time to access it now. The authors suggest repeating a huna prayer for abundance for 30 days asking for immediate provision of divine abundance, rescinding previous limitations, opening yourself up to gifts from source, limitless power of manifestation to provide access to your source mission. The request is repeated three times, and then you ask your higher self to impart your request to source, along with your fully activated power of manifestation. A lovely meditation for the prosperity templates follows, removing poverty

consciousness templates, and declaring yourself free of any poverty consciousness agreements, templates or realities from this lifetime or any other. Then you make a vow to attract pure abundance to yourself and for the planet. I felt step 45, Heart healing from the Pleiades to particularly have a healing effect. The meditation heals with the blue Pleiadean rose. Although you are visualising blue, I felt the Pleiadean energetic frequencies in all their multifacets, cascade and oscillate through each chakra in turn. I saw fragmentation heal rapidly, so the energy must be deeply healing. As soon as surface issues are healed, the body seems to feel safe to bring up more, knowing that these, too, can be addressed and transcended. The remaining meditations each have their own beautiful gifts, including the gold ray of Christ for portals and to create an energy ball, carrying the white flame and seeing your cosmic self (very lovely meditation), the golden flame of Atlantis, discovering your own ascension ray (which was very interesting to see, feel and experience), programming a crystal and completing the 55 steps with the instant sun meditation.

Astonishingly powerful meditations! I must admit, the book is merely ancillary to the Audible version of this amazing production where Diana and Tim lead the listener through a series of extremely powerful and initiatory guided meditations. For a great sample of these, Hay House has put the first meditation for the 12 Chakras on YouTube for free: Just go there and search: "Diana Cooper & Tim Whild - The Archangel Guide to Ascension: The 12 Ascension Chakras" and listen to it with earbuds (works best in my experience). It's an amazing experience! But, in the Audible Version, it doesn't stop there, because there are 5 more intense "ascension meditations" that deal with everything from interacting with the 7th Dimensional Unicorn Spirits, to Linking your 12 Chakras to their Interstellar and Planetary Universal Counterparts, to an inner plane visit to Archangel Metatrons retreat in Egypt, to experiencing the Mahatma Energy, and much more. I'd recommend the book and the Audible Book to really get the most spiritual benefit out of this amazing production! Note on Praxis: Just be prepared mentally and emotionally, because working through the Audible Meditations takes many repetitions just to integrate everything into the various levels of one's being (i.e. sheaths, vehicles, or bodies). Even in my case (and I've been practicing the Hermetic Path of Light and Ascension for 20 years now), after about a week of repeating all 6 meditations with Diana and Tim in my earbuds, I had to take a week break just to allow the higher energies invoked to transmute and fully assimilate into my lower vehicles (i.e. Astral Body, Etheric Body, Physical Body, etc.). In my cosmology, these Ascension Meditations put the listener into what I term the "Higher Astral, Mental, and Causal Planes" of reality, so there is a "time delay" of sorts for the full integration of those higher energies into our lower more dense material level of existence. You really feel the effects as an "aftermath" of

sorts rather than while you're doing them in real time; and many of the meditations can be quite a "shock to your energetic" system as they integrate into one's lower vehicles, so be prepared for this type of effect (nothing bad, just rapid acceleration of the Ascension Process itself and advancement along the Path of Light at a more rapid rate. Anyone who's been "Walking the Path" will know what I'm talking about!). At any rate, if you want to accelerate your Spiritual Development at all levels, this production by Diana and Time is the "Ferrari Version" of Ascension practice. ;o)

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