

Hello and Welcome,

Thank you again for being with me on this adventure. I am truly honoured to work with you all as I can see you all have a high degree of spiritual commitment to your evolution. It is a delight to assist others who are committed to their spiritual evolutionary development.

Spiritual discipline is essential to Ascension and to Mastery. With these Ascension Codes of Light daily consistency for the first five or six days of each week working with them, will give you rewards. It is not possible to give you a guarantee on this but from the group who went before you and did the work with them; they each received changes and development which surprised them.

I am here to support you should you have difficulty. Please do not feel timid to share if you need assistance.

**A MUST READ** on the times we are moving through as a collective is Tom Kenyon's Escalation of Chaotic Nodes and the Dismantling of 3-D Reality.

Please follow through and download his music/song especially created to help us through our dismantling <http://tomkenyon.com/escalation-of-chaotic-nodes-and-the-dismantling-of-3-d-reality> <http://tomkenyon.com/escalation-of-chaotic-nodes-and-the-dismantling-of-3-d-reality>

The process of ascension is making change from where we are to the next point. At present aiming towards 5th dimensional Earth where love is present all the time without negativity.

In the process of change, we always have some aspect to let go. This is not always comfortable as I am sure you are all aware of this. Bringing in more light always brings up what next to release or aspects of our previous self, shadow self of the current life or past life/parallel realities.

It requires change to beliefs we have taken on from parents, schooling or society, or ancient lineage that may continue to stop us from knowing our God/Goddess self. I have a healing page you will be given access in the third week.

I want you to know that I am here with you and that I have other tools I can send you should you require. Just let me know. Also the link to Tom Kenyon's work earlier is also useful.

## **WHAT YOU ARE ABLE TO DO ON THIS FORUM**

You have permission to interact on the pages relating only to the Ascension Star Codes series you are currently working with.

Here will be ideas to consider for your feedback. As each code is released, I will arrange permission for you to go to the next page and the Q & A for that code.

\*Let me know if any difficulties arise.

The other posts on the forum are available to read, but not for any communication at this stage. They are of related subjects.

Many of you may have already spent time reading these posts.

### **Ascension Star Code Q & A .**

There are some previously asked questions which I have already answered and you can leave others question for me there.

To stay focused on the codes of light, you do not have permission to post any new information.

However, if there is information that you feel is specific to the codes, then email me and I will arrange permission for you to post it onto the board for discussion by the group. You can of course place in links to other sites if relevant.

### **ASCENSION STAR CODES of light**

Emails containing links to the Codes will be sent each Sunday a week apart.

The page for each code will be under the appropriate heading. There I have placed both the code image (the image is copyright protected with a watermark and not for printing) and a sound player (it shows as a play button or a podcast) and the link to download the sound onto your computer as usual.

This page gives access to:-

- The visual art code image which is copyright protected with a watermark and not for printing.

- A separate download link to save a print copy PDF of the artwork visual code.
- Print the PDF out at a local print shop. Best quality on matte thick card. The images are in colour on a black background and the colours are an intrinsic aspect to the work.
- A Podcast to click & listen and to download the Mp3 sound code onto your computer. Right click on the player and select Save As. You will find it in your [Downloads folder](#) in My documents. Mp3 files can be played on any media player on your computer.

## **HOW TO USE THE CODES**

Meditate with them for a minimum of 15 minutes to 1 hr intensely for five days, followed by a 2 day integration period unless otherwise stipulated.

- Look into the centre of the visual art code and breathe them in, merge with them as you listen to the sound code.
- Three ways to meditate with the Codes of Light.
  1. Meditating with both image and sound.
  2. Meditating with sound only just prior to going to sleep
  3. Meditating with image whenever you are guided.

Use your intuition and discretion with this. Everyone will respond differently depending on your journey to date.

\*CAUTION if you are working full time. Please wait until you have finished work to meditate with the codes. There is the possibility that you can go into a altered state where you are floating and difficult to return to reality.

Printing can be done on yr home printer but you will get a far better copy of it if you go to a laser printer. Also they will use a lot of your coloured ink. At local printers the small size will be approximately \$3 and laminating a bit more unless you have a home laminator.

## **ASCENSION STAR CODE JOURNAL**

I suggest you create a Ascension Star Code Journal for yourself or jot down some notes on your computer. You can be witness to your own development

and changes. Often we forget when we move to the next aspect or day's discovery. You then have a progression.

These questions are a guideline for you to stay present and conscious of any physical body sensations which may occur, or other inter-dimensional aspects.

1. Where are you feeling the vibrations work in your body. Is there a specific area this code is vibrating with?
2. Note your dreams if they are related to the codes. Are any of them of past lives?
3. Are you receiving any images or hearing anything, receiving messages for yourself?
4. Are you being taken out to the Cosmos?
5. How do you feel the next morning?

For ease and speed the Forum is great because I have all the information in one place.

Thank you again and many blessings.

Over to you, please enjoy this adventure and be present to each moment of illumination.

Love flowing in all directions

Amaliah Grace