

ASCENSION TIPS

Over the past several months we have learned about and observed new practices that help support Ascension. Ascension is the expansion of our Consciousness or Universal Consciousness in which all things exist in the At-one-ment. It's becoming more aware of the greater reality all around us. Here is an alphabetical list of concepts and practices that we have explored. Follow your inner guidance and use them to your own benefit.

Love and Gratitude,
Dick

AFFIRMATIONS

Use affirmations for good health. Say, "I Am healthy." Add whatever positives you wish to declare as your reality.

ASK

Angels are continuously waiting for us to ask for their help. They won't help otherwise.

AT-ONE-MENT

Everything exists all within the same eternal moment. You have access to that moment in your subconscious or theta state.

AVOID FLOURIDE

Fluoride will block your psychic development. Use baking soda when brushing your teeth.

BELIEVE

All things are possible with God. If you can believe it, then it can happen. If you don't believe it, then it will remain impossible. Believe that the best is yet to come.

BLOCK

Discard and block any negative thoughts. Put them out of your mind. Have a mental trash can. Open the lid, discard, and close the lid.

CANCER PREVENTION AND TREATMENT

Follow the protocol of Lynette Hill who recovered from stage-4 cancer. Read her book, *Overcoming Cancer*, get the summary from me and also a copy of the protocol. It involves apricot kernels, Black Seed oil, and Soursop tea.

COMMUNICATE

You can talk to anyone in the Universe because we are all connected in the At-one-ment. You can ask forgiveness and give it.

CONNECT

Put your hands and arms over your head and say "To the glory of God." This establishes your intention. Draw your arms down and say, "I welcome the Love-Light energy into my body." Your hands will transfer the energy to your chakra centers as you pass over your body. Send the energy down into the Earth and anchor it there. Say, "I welcome the energy of Earth into my body," and draw up that energy, making you a center, a connection, and a manifestation of energy that rules the Universe. Extend your arms and say, "I extend the Love-Light and Earth energies for the greatest good of all according to the will of God for each individual." Name those to whom you extend the energy. End by saying, "I offer this prayer in the Name of the Christ knowing that Source can do exceedingly abundantly above all that we ask or think. Amen." Note that this uses three levels of energy: thought, word, and action.

CUP OF ENERGY

We stand in a circle and envision putting our energy into the ornate cup. Then we pass the cup around the circle, each person holding it to the heart. We focus our love on the person holding the cup. This is a practice of the Knights Templar. They were the guardians of secret knowledge. We are their heirs.

DRINK FILTERED WATER

You can purchase a portable water filter that will remove heavy metals, chlorine, and other impurities from tap water. I have Zero and Epic water filters.

ELECTROLYTE BATH

Add a tablespoon of Epsom salts and a teaspoon of baking soda to a gallon of water for a foot bath. Add more in proportion for a tub bath. This will help to keep the energy flowing throughout the body.

ENERGY, VIBRATION, FREQUENCY

Everything is energy which vibrates at a spectrum of frequencies. Your mind can affect the energy which is the essence of everything. The more positive your mind, the higher you will raise your frequency, and the more able you will be to affect the energy of everything below your frequency.

FIRST CAUSE

God created us for companionship. Our choices, then, should make us suitable companions.

FOLLOW YOUR HUNCHES

Trust that God is guiding you through your subconscious.

GREEN SALAD FROM THE ORGANIC GARDEN

All Sources recommend a regular intake of garden greens at the top of the food list. Such will provide the nutrients the enzymes from the organs can transport to the tissues for rejuvenation and health. I pick a garden salad for every meeting of Strangers No More.

The dietary recommendation of the ages is greens, veggies, fruits, nuts, seeds, legumes and moderate amounts of light protein such as chicken, fish and seafood.

GROUND YOURSELF

Putting your bare feet on the ground will help make a connection with Gaia, the Earth, to balance energies. You can also walk in the surf.

HELP OTHERS

Make it a practice to help someone every day. Then write how you felt about it, and how you think the other person felt about being helped.

HO' OPONOPONO

Bring someone to mind and repeat this communication: "If I or my ancestors have harmed you or your ancestors, then I am sorry. Please forgive me. If I have been harmed, I forgive you. Thank you. I love you."

I AM AFFIRMATION

Who am I? I am part of the Love that embraces everything.

IDEAL

Define your ideal. It will be the foundation for all that will follow. The greatest ideal is to be a manifestation of Unconditional Love.

KEEP YOUR THOUGHTS POSITIVE

God is the Creator. You are the offspring of God. God said, "Let there be Light, and there was Light." What you say also has creative power. So do your thoughts. Maintain positive creation of your life.

LOVE AND GRATITUDE

Put a Love and Gratitude label on a pitcher of water and on water sources. The energy of your words will be carried and transferred to those who drink it.

MEDITATE

Be still several times a day to listen for God's guidance.

MORNING GREETING

"Good morning, God. What are You and I going to do together today?" Then follow guidance.

NAP

Nap during the day when you feel tired.

NATURE

Spend time in Nature observing and communicating with animals and plants. One NDEr was admiring the beauty of a flower. The flower sent back two photons of Light.

OXYGENATE THE WATER

Thoth said to add 6 drops of food-grade hydrogen peroxide to 8 ounces of water. Drink this on an empty stomach in the morning.

PRAY

Pray with intention over your food and your medicine that they will do only good for your body.

PYRAMID

I have constructed a pyramid. Actually, it's a tetrahedron, but the principle of pyramid power works the same. You can sit under it with an intention and a spoken request. The pyramid will amplify your request to bring about a positive result. I have positive reports from several people. My pyramid is available anytime.

RECORD YOUR DREAMS

Record your dreams and ponder their meaning. This is one way of opening your consciousness to Higher energies.

ROBE OF LIGHT AFFIRMATION

Repeat this affirmation from Lowell Smith upon arising and upon retiring. It will protect you from negative influences:

I SURROUND MYSELF WITH A ROBE OF LIGHT CONSISTING OF THE LOVE, POWER, AND WISDOM OF GOD, NOT ONLY FOR MY OWN PROTECTION, BUT SO ALL WHO SEE IT OR COME IN CONTACT WITH IT TO BE DRAWN BACK TO GOD AND HEALED.

You can include others in this affirmation: I SURROUND MYSELF AND . . . FOR OUR OWN PROTECTION . . .

SUNGAZING

Look directly at the sun while it is low in the sky such as 20 minutes after sunrise or 20 minutes before sunset. This will activate DNA strands. Start with short duration and build up. Do it outside without glasses or contact lenses.

TALK WITH GOD

Include God in your daily activities. Talk to God as you would a Friend.

KNIGHTS TEMPLAR CROSS

I have chosen to order a Knights Templar Cross to be worn as a necklace, and a ring that fits my little finger. The Knights Templar were the guardians of sacred knowledge. We have covered a lot of information in Strangers No More. Much of it is contained in this document. If you have been following, then you are worthy to wear the Knights Templar Cross necklace and ring. It costs about \$11. I can order one for you.

VIOLET FLAME

We have been exploring the uses of the Violet Flame. Here is one presentation:

Dear Violet Fire, please cleanse, clear, purify and elevate my body, mind, emotions, and consciousness.

Dear Violet Fire, please cleanse, clear, purify, and elevate the body, mind, emotions, and consciousness of the human collective.

Dear Violet Fire, please cleanse, clear, purify and elevate the body, mind, emotions, and consciousness of Mama Earth.

Burn, burn, burn,

Alchemize, alchemize, alchemize

Purify, purify, purify

Elevate, elevate, elevate

Violet Fire, please help us birth the Golden Age, the New Earth, the Violet Earth!

We now take charge as the cosmic midwives that we came here to be.

Violet Fire, please help us birth the Golden Age, the New Earth, the Violet Earth!

Rise, rise, rise now...Golden Violet Divine Beautiful New Earth!

And so it is!

With all my love

Saint Germain

Note: Please remember to stay hydrated and well-grounded when you work with the Violet Flame.

In service to the Divine and Gaia, this message was channeled by Haripriya Suraj.

This message is timeless and you can benefit from its wisdom any time and every time you read it.

TUBE OF LIGHT DECREE

Beloved I AM Presence bright,
'round me seal your Tube of Light.
From Ascended Master Flame
Called forth now in God's own name
Let it keep my temple free
From all discord sent to me.
I AM calling forth Violet Fire
To blaze and transmute all desire.
Keeping on in Freedom's name
'til I AM one with the Violet Flame.