



Volume 1  
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# The Community of the Ascended Heart

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## STEPPING INTO THE LIGHT

*We ALL live  
as ONE  
HEART,  
unified in  
gratitude,  
love and  
joy!"*

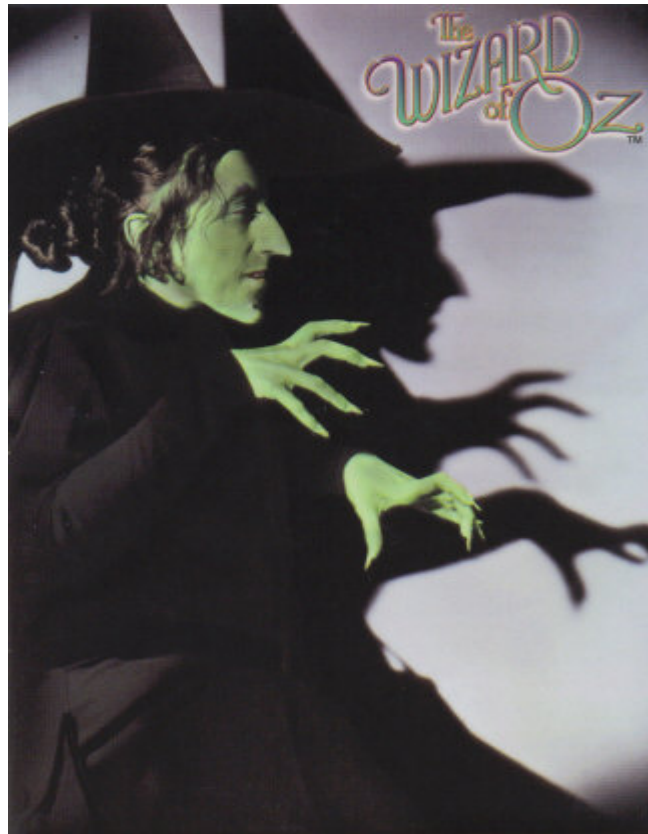
Namaste Beloved Ones! Where did this year go? It is already October, the month of tricks, treats and creating fear "just for fun." Children *and adults* alike, are now in the planning stages for creating costumes and clearing their calendars for Halloween parties, dances and "fright fests" that herald in the lengthening shadows of the sun as it makes its annual retreat from the Northern Hemisphere.

It is also a time when people generally begin to think about the long, dark nights ahead, when the Earth turns cooler and Mother Nature sends her children to bed for much needed hibernation and renewal.

To many, Autumn represents death and the beginning of the long, dark night of the soul that comes with Winter, when we are asked to go deeply within to that place where we meet our fears head-on. Throughout much of 2009, many of our human family members have faced some of their greatest financial hardships in this lifetime. Survival is foremost in their minds along with the fear, anxiety and frustration that has become a way of life.

As Light-workers, we lovingly hold presence for those who have yet to discover that all they will ever need is already within. The greatest of all life's treasures and the abundance of the Universe is theirs if they would only believe and trust that they can create a better world for themselves and their loved ones by surrendering to what is and allowing the Divine flow. This kind of personal power rests with the ability to walk outside the shadow of fear and step into the Light where only love, joy and peace exist. It's all about trust.

Choose well, Beloveds!



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## NEW WISDOM FROM *"THE MESSENGERS OF THE 5th LIGHT"*

SEPTEMBER 20, 2009

### *"BEYONED THE SHADOW OF FEAR"*

*(From the Messengers of the 5th Light as channeled by Anna Beatrice)*



Beloved one of the One Infinite Creator—

We speak to thee today of the need in your world to come together in truth. There is much unrest growing among your population over the induction and implementation of certain pharmaceuticals that create fear, panic and exert manipulation and control over the masses.

Your Higher Selves are in full awareness of these terms and the need to stand in your truth is paramount. Over the course of time in what you call the 21<sup>st</sup> Century, much transmutation has occurred within the physical vessel. As each vessel becomes more crystalline in makeup, what once was harmful to the physical body no longer affects the crystalline body. However, in your world today are those who look to thwart this process of metamorphosis by slowing this with the use of pharmaceuticals.

The opening of consciousness and the awakening that is taking place on your world can not be stopped nor can the use of pharmaceuticals or vaccines against bio-terrorist agents stop the process of ascension. Quite the contrary. As the Light-workers stay in their clam center and manifest the peaceful space within, those outside in the shadow of fear are crying for assistance. Where shall they turn other than to the churches they pray where the dogmatic and outdated views of a group of men can turn hearts to stone with hell and damnation.

We ask you to ponder how you can assist those who are in fear, who tune into the propaganda of the media, who read the details of gore and prejudice and hatred each day in printed form. For those whose minds are like the babe in arms, your challenge then is to hold space with love and in acceptance of all, in surrender to all with the greatest of compassion.

(Continued. . .)

## VOICES FROM ACROSS THE VEIL— THE MESSENGERS... CONTINUED.

### ... “BEYOND THE SHADOW OF FEAR”

Many ask, what does it take to ascend in this world, to move into the next level of being while in form. The answer is simple -- offer your light and love unconditionally, without asking for anything in return. Love is free as is the air you breathe. There is no price tag on being in a state of grace, acceptance and surrender without judgment or consequence.

As the months pass, many will take up arms and revolt against the powers of many countries across the globe. They do this out of fear. Fear is the greatest motivator for change, but it also creates a need—the need to survive. In this energy, the first chakra is activated and will close off the only path to ascension. Without the heart energy, that which is sacred and loving will be sequestered and blocked.



We suggest to you Light-workers, to call upon your Higher Selves, your guides and the Masters to assist with the illumination of the minds of your fellow human beings who are succumbing to this fear of annihilation by the distribution of these pharmaceuticals. Rather than teach them how to transmute any effects these agents may have, ask their Higher Selves to direct them on how to create crystalline bodies from within. My beloved, the physical vessel can be transformed to a light body with one thought, one split second of time is all that is necessary for this transformation.

**Whatever you think, you are!**

*(Meditation) Envision your physical bodies as being placed in a cocoon of liquid light that soothes and protects every cell in the crystalline light of the Christ. See they physical vessel immersed in this cosmic egg where the Creator's love and light surrounds you and sustains you. Release all fear and see each cell in Divine perfection. See each cell vibrating, alive and glowing with the Light of the One Infinite Creator - and repeat these words often – “ I AM LIGHT. I AM LIGHT. I AM LIGHT.” Nothing can harm light as it is eternal just as you are.*

Know that we are guiding your steps and holding you in the presence of the Angels who stand behind you on your journey in to the next level of being. This will be a great test of trust in the Divine. You will be victorious! *The Messengers.* 9-20-2009 7:03 a.m.

For more information about *The Messengers of the 5th Light*, and to read their Introductory Message, please visit our website at [http://www.angelloflightcenter.com/about\\_the\\_messengers.html](http://www.angelloflightcenter.com/about_the_messengers.html)

*(Photo: Silkworm Cocoon)*

## ASCENDING WITH EASE – October *Weather Report* from Archangel Gabriel

### “INNER AWARENESS OF THE SOUL PLAN”



There will be a feeling of emptiness and transition in this month. The sixth chakra energy will be connecting down into the second chakra. This will create an inner awareness of the soul plan. There will be a transition from attachments to the outer world as the source, to an inner sense of real connection, as the second gateway of the heart opens more fully. The second ray of consciousness will come in more fully at this time. This is the ray of LOVE/WISDOM, the experiential ray of the soul.

There will be more shift of outer to inner, back to outer focus. This will start with a sense of emptiness, as you transition and purify the emotional body. This release of attachments will be more breakdown of emotional attachment to the way you have valued things and outer situations. You may feel as if you don't value at first, even though this is merely a re-structuring of your understanding of true value.

People's feelings of abundance and deprivation will be tested. As you disconnect from the idea of money to create your feeling satisfaction it is merely pieces of paper that you have given much power. It has been used

to enslave the population of the world for a very long time. The world management team has kept you in a desire for more and more... Now that people have gotten into such debt out of the fear and yearning, you will begin to shift your priority to the inner reality. The breakdown at first may be unsettling.

This will bring you into an awareness of more corruption in your world. However, it begins a transition that begins to empty out what no longer works. This is to prepare for the re-structuring. So do your best to let go of old feelings that no longer serve. The feminine energy of attraction will be influenced this month, beginning to accept the soul plan that truly serves the fulfillment of your authentic selves. There will be much purification of old feelings during this month, bringing you into a greater preparation for the soul. Inner focus. Authentic connections. Greater intuition.

There will be more re-evaluation in this time, which will prepare you for the transfiguration in coming months. Use this time to prepare, by letting go of emotional attachments. It will affect collective relationships on the bigger world stage as well. The relationships of the US to some other countries will break down, based on old choices. There will be new relationships, which will create pay-offs. However, people will find themselves in upheaval as change takes place.

Some companies will seek to re-structure into healthier practices. Some of these you can trust to be authentic, healthy shifts. As the soul begins to transform the emotional body in the second chakra (naval region of the body), it will begin an amalgamation or joining, which will continue into November. The emotional and mental will begin to join as one energy (love/wisdom). Intuition and knowing.

There will be disruptions in the digestive tract, as well as the lower and middle back. You may have nausea as the energies raise. The body temperature may fluctuate as you get used to the new energies. There will be pressure in the belly and solar plexus. Aches and pains in the hips could take place. Make sure you work on relaxing the lower diaphragms (the sphincter muscle and solar plexus). Some rushes of energy in the body may take place, as well as possible anxiety. These are just sensations that come from the movements of new energies



*Robert Baker is the trance channel who has been bringing this remarkable information from Archangel Gabriel since 1990. The information has proved to be accurate and helpful for thousands of people around the world. He is the co-founder of CHILDREN OF LIGHT in New York City, "an institute of self-mastery, dedicated to informing and educating individuals about the personal and planetary Ascension that we are now experiencing. . ."* [www.childrenoflight.com](http://www.childrenoflight.com)

## THE SPIRIT OF THE NAVIGATOR — A JOURNEY OF TRUST

By Anna Beatrice — September, 2004



I am the SPIRIT OF THE NAVIGATOR, the one true navigator, seeking a course, a course exclusively for All That Is, not for you, not for us, but for THE ONE. Who is THE ONE, who is ALL, WHO IS US, WHO IS ME, WHO IS WE? THE ONE is everything!

Oh great ONE, THE ONE in whom I navigate, who gave me the spirit who I AM, I implore you to show me the way, to keep me bathed in LIGHT. I am the SPIRIT OF THE NAVIGATOR, the one true navigator, for myself, by myself, as we were all given free will to choose.

Pity the person who maligns, threatens, forces, abuses or uses power and control to navigate others for their POWER alone. Pity the person who plucks the life ring back from the drowning servant of THE ONE, for in essence they have lost their power and will NEVER know THE ONE. Man is not a puppet on string, but made of flesh and blood whose mere existence was and is dependent upon something even more powerful than POWER . . . LOVE. I CHALLENGE you who would join with those of like mind, those who you say you do not follow, who use words of anger and aggression to incite fear in the hearts of those who LOVE YOU unconditionally, to join the SPIRIT of the NAVIGATOR to become LOVE unconditionally.

For you are THE ONE true CAPTAIN of your own ship, a ship that holds the one true treasure of life's treasures -- your soul and its capacity to experience love. You are responsible for your own destiny in service to others and to THE ONE, and that responsibility should not be taken for granted or misused.

I say to THE ONE, the CAPTAIN no longer has the ability to navigate by the stars, by the sun or by the moon. There is no light. There is heavy fog obscuring the way. The once mighty ship has come to a dead stop. It is foundering in an ocean of conflicting currents in winds that have becalmed its movement. No matter which direction he may follow to find fresh air and light, there is risk and fear. The CAPTAIN has now lost his ability to command his entire being! He has REQUESTED the SPIRIT of the NAVIGATOR to come forward and take command of his ship, to plot the best possible course, the one true course. And the answer came back in three simple words, "TRUST YOUR SELF."

Now the CAPTAIN sits patiently waiting for the fog to lift. There is no point in taking chances that may damage the ship or injure the crew. Despite his need for speed, to make up for lost time, to set sail and run with the wind, the greatest of all CHALLENGES is to learn patience, humility and to TRUST oneself in spite of the goal which is LOVE, a love that was born exclusively of THE ONE. In their quest to find the one true course, THE CAPTAIN and the SPIRIT OF THE NAVIGATOR became ONE. They are THE ONE within THE ONE. They can never be separated or apart. They have already followed the one true course. They have reached their destination -- they are home, wherever that may ultimately be, here, there, and beyond the sun, moon and stars that are presently obscured from view.

Home is in the soul and the soul is SPIRIT. Time and space do not affect one's spirit. It is everywhere all at once. The SPIRIT OF THE NAVIGATOR believes this, knows this and lives this as the TRUTH. All one must do to know the TRUTH is to FEEL from the soul. And the soul's true navigator is THE HEART. FEEL WITH YOUR HEART. BELIEVE with your heart. The SPIRIT of the NAVIGATOR never gives up, for everything is possible as long as you believe in yourself. TRUST YOUR SELF.

For I am the SPIRIT OF THE NAVIGATOR, the one true navigator, having looked in the mirror to find the CAPTAIN of my ship reflected back in me, and in his quest to find his one true course, he has become me and I have become him. In doing so, we have learned Who is THE ONE, who is ALL, WHO IS US, WHO IS ME, WHO IS WE. We are THE ONE. We are everything we wish to be. *Godspeed on your journey. . .*



## THE 9 STEPS OF THE ASCENSION PATH –THE FOURTH STEP

### STEP NUMBER 4

#### *"BE LIKE THE CHILD"*

*"Humble yourself like the child whose heart is pure, whose Spirit is strong and whose eyes are innocent to the ways of man." -- Archangel Michael*

For those embarking upon the Ascension path, one will ultimately need to surrender to what is outside of you. This requires a committed practice of non-judgment and acceptance.

From the early stages of life, most will arrive into this incarnation as an infant who views the world with eyes of wonder and joy as its essence begins to embody the human form. There is no judgment of good or bad, right or wrong. It knows only love in its purest form in full connection to the Divine from which it has been created, while being swaddled in a cocoon of Source light.

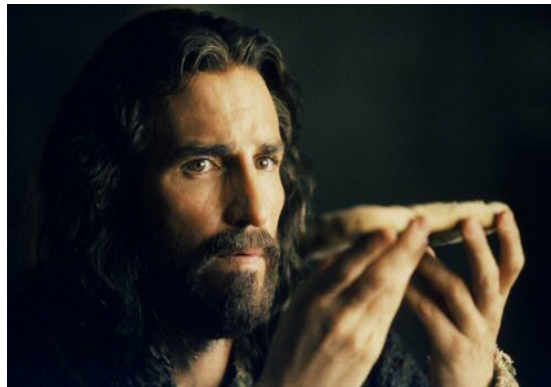


Once the child begins to develop its mind through consciousness, it will connect with the outside world through sensory stimuli. Emotions based on mental impressions created by what it sees, hears, tastes, smells and touches will pierce this cocoon. Therefore, the beauty of being *like the child* is to look upon every one and every thing as being in perfected form. There is no questioning the Divine in manifested form. Rather, it is the humble and loving acceptance of All, the One and the Many as being unified and connected through energetic responses and actions that serve humanity to obtain the highest possible outcome.

As the Greater Master Jesus proclaimed, "Truly, I say to you, unless you turn and become like children, you will never enter the kingdom of heaven. Whoever humbles himself like this child is the greatest in the kingdom of heaven."

***STEP #4 MANTRA: I AM wonderful just as I AM at this very moment.***

## THE 9 STEPS OF THE ASCENSION PATH –THE FIFTH STEP



### STEP NUMBER 5

#### “WHAT IS MINE, IS YOURS”

*“Offer what you have to others as a gift with only love and good tidings.” --*

**Archangel Michael**

As your level of Being continues to rise in frequency, the focus of your consciousness will be more aligned with unconditional love and service to others. One of the most important steps of the Ascension path is the giving of unconditional love. Many on this planet believe this is done by the giving of love by “doing” such as through verbal and written communication, physical love-making and material gifts. These are beautiful expressions in form! However, these are third dimensional concepts and ideas, aligned with a physical mind and body that assists the human being to navigate the dense energies of polarity, duality and separation which is all illusion.

Holding the ascension frequencies means that one is in a state of “being” in unconditional love, rather than “doing.” This is being in love with the essence of You, to connect with the One Infinite Creator through your heart center. When you are in a state of *being* unconditional love, there is only joy, peace and bliss. Thus, you have elevated your consciousness to a higher frequency and your light radiates out to others through your transparent heart.

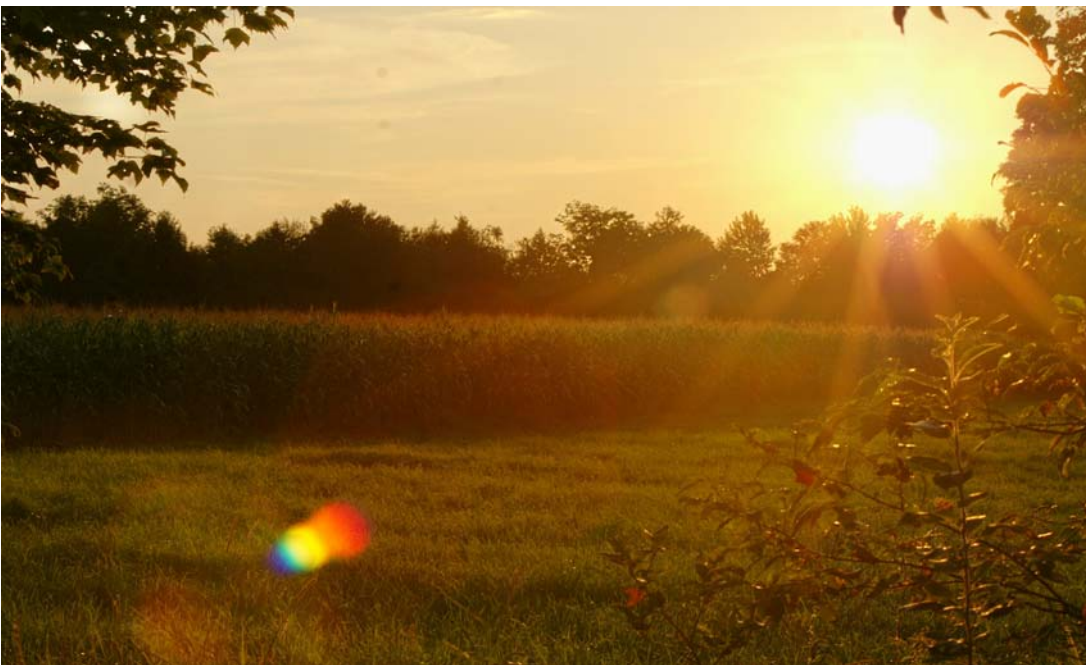
It is the offering of yourself to others in this “state of being” that is the true gift to humanity. Everything that you will say and do will therefore be from the highest possible vibration. You *are the gift* by just being You. Anything that you may freely do or give in service to others will be birthed from a heart of unconditional love. This is the ultimate expression of the Divine in human form. You are love incarnate. Your cup is already full as you are always complete in the Now moment.

**STEP #5 MANTRA:** *The love I give is the love I receive.*

## THE ANGEL OF LIGHT MEDITATION OF THE MONTH

**"I AM the light of my world; I AM the best that I can be. I AM the way and the truth and the light of my own being and that being is all that I AM."**

(From *The Channeled Words of Simon the Peter* – MJ Hoffman & Mary Bohler Veras © 2007)



### OCTOBER 2009

Day	Level
1	5.42
3	5.56
6	5.12
8	5.29
11	6.13
13	6.62
16	6.88
18	7.07
20	6.51
23	5.88
26	5.32
28	5.02
31	4.91

### October 2009 – "Photon Energy Forecast"

From Kahu Fred Sterling and Master Guide Kirael

(Above photo: Taken at Jefferson, New York 9-7-2009 By Anna Beatrice)

This being a God month (1+0), it is also a new beginning with the photon a bit more stable while still running the gamut of high and low. In the 11 month, which is a 2 or that of duality in Lemurian numerology, prepare to find it a little dramatic.

For a full explanation of Photon Energy, please visit [www.kirael.com](http://www.kirael.com) at this link.





THE ANGEL OF LIGHT CENTER &  
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[www.angeloflightcenter.com](http://www.angeloflightcenter.com)

## OUR MISSION STATEMENT

“ We ALL live as ONE HEART , unified in  
gratitude, love and joy.”

The Angel of Light Center is dedicated to raising the consciousness of humanity to a new level of clarity and empowerment, by providing spiritual healing for body, mind and soul. Our primary mission is to restore balance and harmony within the four-body system of those who engage our services, and to infuse all Souls with generous amounts of compassionate wisdom, self-love and trust. It is our philosophy that in the sharing of unconditional love, we empower and raise each other up into the Light, where we ALL live as ONE HEART, unified in gratitude, love and joy.

## ANNOUNCEMENTS — FROM THE ANGEL OF LIGHT CENTER

Namaste Beloved Ones —

October 1, 2009

The *Angel of Light Center* is pleased to announce that it will be relocating to the South Bay Area of San Francisco, California (Mountain View) in early November. For those living in California, you are cordially invited to contact me via email: [revanna@angeloflightcenter.com](mailto:revanna@angeloflightcenter.com) or visit our website: [www.angeloflightcenter.com](http://www.angeloflightcenter.com) for further information as to when our weekend healing clinics will commence.

The monthly newsletter, *COMMUNITY OF THE ASCENDED HEART*, will continue to be published on schedule. Please check our website for our new address, hours and offerings.

Our *Ascension Awareness Study Groups* will begin again in January, 2010. For those interested in attending, the group will meet on the 3rd Sunday of the Month in the Mountain View/Palo Alto area. Location and time to be announced in December's newsletter.

Anna Beatrice, Director/Editor

