

*THE 9 STEPS OF THE ASCENSION PATH*  
“A Guide for Living in the Light”

AS DELIVERED BY ARCHANGEL MICHAEL



## INTRODUCTION

By Anna E. Beatrice

March 1, 2009

Namaste Beloved Family of Light!

It is with great honor to be in service at this time upon Mother Earth, a time when humanity is being asked to arise and awaken in the Light now streaming forth into our galaxy through the Great Central Sun from the One Infinite Creator.

This powerful stream of Light is heralding the raising of our collective vibration and our transformation into becoming fully conscious Beings with limitless potential. It is a monumental shift that will affect all life on Planet Earth and our local Universe!

Each and every one of us is being gifted with the opportunity to raise ourselves out of density, into a new vibration where together we will create a New Earth filled with unconditional love, peace and joy in every NOW moment.

It is up to each of us whether or not to accept this powerful gift of transformation and our ultimate ascension into the highest possible spectrum of Light available in our collective history.

On March 1, 2009, during a morning meditation, I received a message from Archangel Michael requesting that I be in service to All in the writing and publication of a booklet that would serve as an abbreviated but concise guide to living in the new light frequencies.

For those just awaking from the slumber of the 3<sup>rd</sup> Dimensional world of duality and polarity, this booklet will introduce you to the concepts of ascension through personal transformation and soul-reconnection.

For those who have already chosen to accept the gift of Light from the One Infinite Creator, *The 9 Steps of the Ascension Path* as outlined by Archangel Michael, will bring further clarity, purpose and enlightenment as you continue your journey during these transitional times on Mother Earth.

Know that Archangel Michael and the Legions of Light are here to serve you in whatever way you choose. You need only call upon them and request assistance and so shall you be guided.

May *The 9 Steps of the Ascension Path* fill your heart with encouragement, your mind with wisdom, and every cell of your body with the crystalline light of the One Infinite Creator – your source of limitless potential and eternal life.

Wishing you many blessings of love and light on your path!

Anna E. Beatrice

## WHAT IS ASCENSION?



Simply stated, Ascension is the awakening of the mental, physical and emotional bodies to full awareness and presence in the NOW. It is the knowledge that you are a limitless, eternal being of energy, created from the frequencies of Light and Love from the One Infinite Creator.

It is knowing without doubt that you are the creator of your life in all its manifestations – body, mind and soul – based on the Divine gift of free will to choose your individual reality.

Ascension is the raising of consciousness to a new level of existence. It is determined by the amount of unconditional love that resides within your heart center. Your ability to *lift* from the density and illusion of the 3<sup>rd</sup> Dimension

is based on the “lightness” of your being. This will ultimately determine your Divine potential and future expression in form, and your ability to hold the Light frequencies of the higher dimensions.

This expansive state of being is in unity with All That Is, which is the All, the One and the Many expressions of the One Infinite Creator. It is the fundamental belief that you are a god made manifest through conscious choice by being in service to humanity and for the greater good of All. This is the Law of One.

## HOW DOES ONE ASCEND?



The process of Ascension is a multi-dimensional experience of inner transformation, healing and empowerment. It is not so much a journey, but a process whereby the mind, body and soul are merged into the Light of Love, Truth and Joy.

Therefore, Ascension is not a place, but a state of Being where one moves into the next dimensional level of experience *from within*.

The physical body is then freed of the 3<sup>rd</sup> dimensional limitations of fear, anger, doubt and resulting dis-ease. One gains mastery in all expressions and becomes a conscious creator of their individual reality through free will. You become the Master you seek.

Ascension is therefore the “Mastery of the Mind,” when thoughts no longer create negative re-actions and emotions. You will be released from the density that holds you in form. You will be transformed into a “light” being where all thoughts resonate with the frequencies of love, peace and joy.

This is the Ascended state of being, when one lifts out of the darkness of matter and *into* their own inner Light.

Ascension is a paradox, the lifting of mankind by the conscious descent of Spirit into your innermost core, creating a new being in form – a Being of crystalline Christ light filled with the love of the One Infinite Creator.

You need only to go within to walk the Ascension Path.

## *THE 9 STEPS OF THE ASCENSION PATH*



*AS DELIVERED BY ARCHANGEL MICHAEL*

- STEP NUMBER 1: "I AM"
- STEP NUMBER 2: "YOU ARE ME"
- STEP NUMBER 3: "WE ARE ALL ONE"
- STEP NUMBER 4: "BE LIKE THE CHILD"
- STEP NUMBER 5: "WHAT IS MINE, IS YOURS"
- STEP NUMBER 6: "I AM GRATEFUL"
- STEP NUMBER 7: "GO WITHIN AND SEEK YOUR TRUTH"
- STEP NUMBER 8: "COMPASSIONATE WISDOM"
- STEP NUMBER 9: "FOCUS ON THE DIVINE AT ALL TIMES"

## STEP NUMBER 1

### “I AM”

*“Smile upon your brother for you are as One.” – Archangel Michael*

In the recognition that you are spirit having a human experience, you are asked to acknowledge first and foremost who you are -- a unique spark of the Divine in form.

The most powerful statement any human being can make begins with two words -- “I AM...” Let the very first thought that comes into your mind each morning when you arise, when your body becomes animated with the energies of Being in form, be simply: I AM. I AM alive, refreshed and renewed in being who I AM. By accepting your divinity, you are surrendering to the Divine within.

The very first step of the ascension path is therefore to honor yourself and the vessel that houses your spirit, your essence and your Divine Being.

As you greet yourself in the mirror each day, honor the person staring back as they are your companion, your guide, your friend and the love of your life – for you are looking into the eyes of the One Infinite Creator. Who else is more deserving of your love, trust and gratitude than the Divine You.

Remember, whatever you think you are, you become. Whatever you choose for yourself, is yours as each statement that begins with “I AM. . .” is your declaration to the Universe of what you wish to call into your life. The Universe does not know right or wrong, good or bad, happy or sad. It only wants to fulfill your requests.

Always be mindful of what you are thinking or saying that begins with the words, “I AM.” This is the very first step in becoming a fully conscious Being of Light. Choose your thoughts and your words carefully and with conscious intent.

*Step # 1 Mantra: “I AM God’s perfection manifest in body, mind & soul.*

## STEP NUMBER 2

### “YOU ARE ME”

*“Take the hand of the Servant and shake it with recognition and joy.” --*  
Archangel Michael

In recognition that you are a Divine spark of the One Infinite Creator, a spiritual being having a human experience, you are asked to acknowledge that each and every human being is also a spiritual being having a human experience.

As you look at the many faces and bodies that parade through your life each day, be it at work, on the street, on the TV or internet, even your own families and friends, know that ALL are made of the same Divine spark. All are here to experience life in form as a Divine Being.

In order to raise yourself up in the Light, you must see the Divine in All, putting aside judgment, prejudice, jealousy and all human emotions based on thoughts created by the EGO mind.

Look at your fellow man and accept that YOU ARE ME. Look into their eyes and know that you are looking into the eyes of the One Infinite Creator, for the very same spark rests within the heart of every man, woman, child you encounter.

You are All made alike and here to experience life based on your right to make free will choices. Everyone is on their own individual path based on their level of consciousness and personal reality.

As you live your life each day, practice acceptance of others by always seeing the Divine within, no matter what may appear on the outside. Each and everyone one of us chose these bodies to house our spirit during our sojourn on Planet Earth.

In order to lift into the higher frequencies of Light, acceptance of All forms of personal expression as a Divine Being is the next step of the Ascension Path.

*Step #2 Mantra: “I acknowledge the Divine in You.”*

## STEP NUMBER 3

### “WE ARE ALL ONE”

*“Know that your brother is not your keeper but your companion in life.” --  
Archangel Michael*

As we lift into the recognition that each and everyone of us represents the human expression of a Divine Being, we are asked to acknowledge that we are All One. This is the principal of Unity Consciousness, when All become One in the simplest expression of unconditional love and purpose based on The Law of One.

Simply stated, All things are one. There is no polarity, no right or wrong, no disharmony, but only identity. All is one, and that one is love/light, light/love, the Infinite Creator.<sup>1</sup>

Therefore, separation is only an illusion created by the Ego mind to allow man to identify himself and to function within a third dimensional reality. What is most important is to understand that although you are an individual human being, you are here as an expression of the Divine in form to be in service to humanity through spiritual growth.

The highest expression in density is to share the love of the One Infinite Creator as it is known to the inner self. The ability to know thyself comes from the desire to open the self to others without hesitation by radiating that which is the essence of the heart of the human being.

In our third density journey, unity consciousness is not simply a focus of being in service, but a seeking within itself the intelligence of its own discernment as to the way it may best serve other-selves. This will be different for each. There is no best. There is no generalization. Nothing is known.<sup>2</sup>

*STEP #3 MANTRA: We All live as One Heart, unified in gratitude, love and joy.*

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<sup>1</sup> From *The Law of One* books channeled by Carla Rueckert, Don Elkins, and Jim McCarty 1981 & 1984.

<sup>2</sup> Ibid.

## 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.”<sup>3</sup>

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

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<sup>3</sup> [Matthew 18:2-6 ESV](#)

## 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.*

## STEP NUMBER 6

### “I AM GRATEFUL”

*“Be grateful for the gifts of life, the air, the water, the earth, as it will sustain those who believe in the One.” -- Archangel Michael*

As we navigate our way through life, we tend to forget to be in constant gratitude for the many blessings in our lives. Our beloved Earth Mother provides all that we will ever need to sustain our physical vessels while incarnate. The basic “elements” of life are woven into our individual cosmology the moment we take our first breath and arrive into this 3<sup>rd</sup> dimensional world of form. However, very soon after, we realize that something is already missing – we have been separated from Source.

It is then we begin focusing on lack and the “have nots” which give rise to the concepts of needs, wants, hopes and wish-making. These are future-oriented energies and thoughts that create fear and anxiety. They detract from the gifts in the Now – the joyous celebration of *your life* in form!

Those who walk the Ascension Path cultivate an attitude of gratitude in each Now moment, for this is the key to manifesting miracles in the Now. There are countless books written on the Laws of Attraction and “The Secret” to getting what you want. This is fine for those who are just beginning to open to Spirit and becoming conscious creators. For those who choose to create in the realms of the unmanifested, they know that holding gratitude within one’s heart center releases the mind and body from a false sense of lack. It empowers them with the ability to create from a space of unconditional love, clarity and gratitude.

For the Master knows his cup is already full and overflowing. The Master opens to receive through gratitude and trust as there is no “need.” All is already present and available to be formed from the unmanifested Source.

Therefore, to be in gratitude is to honor the creator within, to acknowledge that you have the ability to call in all that is your Divine birthright. Each morning and each evening, offer a loving prayer of gratitude for all that is You.

*STEP #6 MANTRA: I AM happy, harmonious and grateful.*

## STEP NUMBER 7

### “GO WITHIN AND SEEK YOUR TRUTH”

*“Show the ways of Spirit and guide them into meditation to connect with the One Source, the Mother/Father God within.” -- Archangel Michael*

Each human being in form who lives upon the ascending body of Mother Earth is surrounded by an energetic matrix that creates images to which the mind and Ego react. The incessant “chatter” of chaotic energies rising up to her surface can either be transmuted through surrender and release or absorbed through fear and doubt, creating blocks in the mental, physical and emotional bodies of the human being in form.

Many at this time are content to just live the “status quo”, not wanting to know what lies outside “the box”, accepting *this is how it is*. Others seek answers to the age-old questions – “What is my truth? Why is this happening?” Those in fear might even say repetitive prayers of mercy to a god who resides in the clouds.

As an eternal Being created from Source Light, your ability to connect with the One Source, our Mother/Father God, rests solely upon your desire to create a sacred space within from which to hold presence for the Divine. It is from the very core of your Being that you will receive the answers you seek, where the Truth of All will be revealed. By silencing the mind and stilling the body, one will be able to hear the inner voice of Source speaking. This is the purpose for meditation. For the Master knows that direct communication with the One Source comes only from within the most sacred of all spaces – You – the human vessel which houses your Soul and the Spirit that animates your flesh and blood.

As Spirit having a human experience, it is your choice as to how you fully embrace your Divinity and re-connect with your true essence. Those walking the Ascension Path are obtaining guidance from within rather than following the righteous or idolizing false prophets. For the true guru is seated patiently within your heart center, waiting for you to acknowledge and merge with the Divine presence of You. All will be revealed to the seeker through a loving heart and focused intent. Clarity and purpose will then flow with grace and ease.

*STEP # 7 MANTRA: I AM a Master of Divine expression in form.*

## STEP NUMBER 8

### “COMPASSIONATE WISDOM”

*“Elevate those to joy and love through compassionate wisdom and by seeing only the good in all situations as positive attracts positive.” -- Archangel Michael*

As we look at previous 7 Steps of the Ascension Path, we come to the realization that every part of our journey in physical form has a purpose – to reconnect with Source through interaction with the All, the Many and the One. Each moment that we are in form here in the NOW, is an opportunity to make choices, to grow and learn from our experiences.

It is also an invitation from the Divine within to be all that we can be in service to others. That service begins first with thyself while being in mastery through conscious awareness and focus. One must first fill Thy cup to overflowing with unconditional love and compassionate wisdom in order to make empowered choices that offer the highest possible outcome for All. Acceptance, forgiveness and surrender work hand-in-hand to achieve Unity consciousness, the primary ingredients for living in an ascended state of Being. Transparency equals truth. Truth equals Love.

Thus, the offering of unconditional love to the All, the Many and the One, is the selfless way to achieve peace upon Mother Earth. Nurturing a positive attitude in every situation and surrendering to “what is” takes dedication, courage and commitment. It is asking the Ego mind to surrender to the will of the Divine Master within by being the witness rather than the judge. It is the allowing of All forms of expression without reaction, without the need to fix or change anyone or anything as all is in Divine perfection.

Holding presence for those you love and even for those who refuse to be responsible for their choices, is the greatest gift you can offer. Everyone is doing the very best they can based upon their level of conscious awareness. Holding them in the highest light of love and acceptance is your contribution to anchoring the light and holding presence for humanity.

***STEP # 8 MANTRA: I open my heart to Thee.***

## STEP NUMBER 9

### “FOCUS ON THE DIVINE AT ALL TIMES”

*“The energies and portal to the riches of Heaven on Earth have opened up to All whose eyes are focused on the Divine within, whose hearts are at peace, whose minds are set free by choice.” -- Archangel Michael*

Of all the steps of the Ascension Path, placing your focus on the Divine at all times returns you back to Step One and the infinite cycle of Being. In whatever way you are called, staying connected to the One Source, Mother/Father God, All That Is, the One Infinite Creator, will be the greatest of all challenges while in human form.

There are countless ways to connect through prayer, religious ceremony, mantras, yoga, etc. However, nowhere is it written as to *where* to find the Divine. Many raise their eyes towards Heaven, speaking to an invisible god or guru, asking for assistance.

To connect one simply needs to go within, to that quiet space deep in the heart center where you become All That Is, where the golden light of Heaven radiates through the essence of your Soul. You are the Heaven you seek on Earth. You are the vessel in which the spark of the Divine is housed during your transitory life in third dimensional form. It is within You that the Creator resides, is animated and allowed the free will choice to create and experience life. You are the Creator in manifested form and by connecting to the infinite Source within, all the riches of Heaven will be revealed and gifted to you.

During the times to come on Mother Earth, you are encouraged to steadfastly seek love, peace and joy from the essence of the Divine within. It is here you will go for supplication and rest. It is here you will go to feel with all your heart the essence of your soul. It is here you will be reunited with the Eternal You. There is no need for anything outside of you as you are already complete.

May the blissful merging of the Divine within allow you to ascend into the highest possible Light as you are absorbed back into The One. Be at peace. Be in love. And know the Master that You Are.

*STEP # 9 MANTRA: I AM the Beloved I AM. Om!*

As you walk these 9 steps of mastery, remember that each choice you make in every Now moment represents your expression of the Divine in Human form. May the essence of beloved Master St. Francis of Assisi inspire you!



### **Prayer of Saint Francis of Assisi**

Lord, make me an instrument of your peace.  
Where there is hatred, let me sow love;  
where there is injury, pardon;  
where there is doubt, faith;  
where there is despair, hope;  
where there is darkness, light;  
and where there is sadness, joy.

O Divine Master, grant that I may not so much seek  
to be consoled as to console;  
to be understood as to understand;  
to be loved as to love.  
For it is in giving that we receive;  
it is in pardoning that we are pardoned;  
and it is in dying that we are born to eternal life. Amen

## FINAL WORDS FROM ARCHANGEL MICHAEL



“Beloved Servant of the Violet Ray –

You have asked to know the intricacies of the Ascension Path. I have presented you with the steps, the most logical that the human mind can conjure and relate to. These are only suggestions. They are only stepping stones along the journey of enlightenment.

As you know, everyone in human form will have a different experience of the journey as all are viewing life through a unique lens. All realities make up the whole. Those of the Legions of Light stand together as proud witnesses to all journeys of discovery, of soul-reconnection and self-realization.

For the path of Ascension is simply the awakening of the Soul to Spirit through a heart filled with unconditional love, through a mind focused on service, through a body committed to walking the path of truth.

We say to you that your goal of ascension is already manifested. You are already Ascended Masters in your own right, as time has no limits as all is already into Being. The process of ascension is merely a remembrance of the journey of the past. You are in the NOW, the eternal dance of Being.

We wish all those who are making the conscious choice to be awake, aware and available to the frequencies of Light streaming forth from the Great Central Sun/Son to be that which you seek – the radiant, the Golden Ones who have created the Golden Age of man. Be at peace, be in joy and know you are the Masters of Light.” . . . And so it is!

– Archangel Michael

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