

# **Ascension Training**

**By**

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**Spirit Club**

**Finding Your Soul Workbook**

**Last of the Gnostics**

**The Gathering**

You will know the truth, and the truth will set you free.

– John 8:32

## **Introduction**

This book is a fictional story, although it could very well come true. Perhaps not as I have portrayed it, but something similar. There will be people like Johnny, the lead character, who find out the truth about planetary ascension and attempt to share it with the world.

The planet is currently in the process of ascending to a higher frequency, a higher vibration. This has huge implications. For highly evolved souls, they will have the potential to literally disappear and ascend to a higher dimension. For those who remain, the meaning of life will become known to all. This will lead to peace on earth and a humanity-based civilization.

We are literally going to experience a shift in consciousness. It is unknown when it will occur. Our spirit messengers keep saying, "Very soon," but they won't give us a date. It could be a few years or perhaps even a decade from now. I'm 55 and I came to experience this shift, so we are getting close. The pages you are about to read will give you an understanding of what is about to happen. It can also be used as a guide for ascension training.

## **Chapter One: Near-Death Experience**

Johnny appeared to be a normal kid. He was fourteen and a freshman in high school. His friends were ordinary and stayed out of trouble. They did their homework and played video games when they had time on their hands. None of them took drugs or drank alcohol. They were good kids from good families in the affluent community of Walnut Creek, California. The only thing they really had in common was they didn't like sports. They had no desire to kick a ball, hit a ball, or throw a ball. Instead, they preferred to stay out of the limelight.

Johnny was a closet anarchist. He thought society was dysfunctional and that government and corporations were destroying the world. He wanted the world to be a better place, but he had no idea how to help it. At the dinner table, he was constantly asking his parents questions about society. His sister, who was a year younger, would roll her eyes at his constant barrage of questions. When she got frustrated, she would say, "Who cares?"

Most children stop asking questions around five or six years of age. Not Johnny. He seemed to be full of questions, most of them pertaining to humanity and how society was organized to help people live. Johnny's parents never understood where these questions came from and, when he was younger, almost took him to a psychologist. They decided against it because his questions seemed to be logical, and they thought he would

outgrow it.

If there was a theme to his questions, it would be, “Why are we here?” and “Why are we living like we do?” Johnny was searching for answers and wanted to know why he was alive and what was his role in society. Normally, these are questions that some adults asked themselves, but Johnny had been doing it all of his life.

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Johnny never saw it coming. He was riding his bike to school one day and a car slammed into him, causing him to fly ten feet through the air, crashing onto the pavement. The impact of the car caused him to nearly lose consciousness, but the collision with the pavement cracked his helmet and knocked him out cold.

His heart stopped and he lay dead in the street. The ambulance arrived ten minutes later, and it appeared to be hopeless to save his life. The paramedics applied CPR and, incredibly, he started breathing. At the hospital, they found he had a broken arm, fractured ribs, a severe concussion, and an assortment of contusions and bruises. Amazingly, he had no internal injuries.

When his parents walked in to see him, they were surprised by the smile on his face and the joy in his expression. He had to have been in severe pain, but that did not seem to diminish his attitude.

“I found all of the answers!” he exclaimed.

“Johnny,” his father implored, “please calm down. You need to rest. Save your energy.”

“No, you don't understand,” Johnny exclaimed. “I'm going to be fine. I get to tell

the world the answers. It's going to be a better place.”

“Johnny,” his mother said, “we will talk later. For now, please just rest.”

Johnny wanted to talk now, but his parents clearly were not in the mood. He put his head back on the pillow and relaxed. He wondered if they even cared about what he had just experienced. The next day when they came back, he decided to remain silent and see if his parents asked him about what he was so excited about the day before. Instead, they were only interested in his health.

He stayed in the hospital for three days until the doctors were sure his concussion was no longer a threat to his health. Once he got home, he needed to rest for another month for his ribs to heal. He spent this time writing down what he experienced when he died. At the dinner table, he stopped asking questions. Instead, he seemed to be urgently eating his food so that he could get back to his writing.

After a few days of this routine, his dad went into his room and asked what he was writing about.

“Perhaps you should get Mom, so that I don't have to repeat it to both of you.”

His father nodded and then came back into the room with his mother.

“Do you remember the day of the accident, when you came into my hospital room and I said that I found all of the answers?”

They both nodded, a bit puzzled by his serious demeanor.

“Well, I did,” Johnny said. “Ask me something about heaven or the afterlife, or why we are here.”

His parents looked at each other, stunned.

Johnny's dad spoke. “Before I ask you that, can you explain where these answers

came from?"

"I can try," Johnny said, "but it will be difficult for you to comprehend. The simplest way I can explain it is that I was downloaded with knowledge to share with the world. After the accident, my soul left my body and I was taken by an ascended master to another dimension. It was an amazing place and I wanted to stay there, but he told me I had to go back into my body. Before I left, he offered to give me the answers I was searching for. He told me I could have them, but it was a gift that I had to share with the world."

Johnny paused to see if his parents believed him. They seemed to be listening intently, so he continued. "He then asked me if I wanted this burden. I told him, 'More than anything!' He smiled and then downloaded the information."

"Can you describe some of it?" his mother asked.

Johnny smiled. "Oh yeah. That's what I have been writing down. It's basically the meaning of life."

Johnny's dad raised his eyebrows. "Can you explain it? The meaning of life?"

"Yes. It's really simple, yet really, really hard to achieve. The simple part is knowing why we are here. This planet is not real, it's a temporary illusion. It's temporal and not permanent. It's created for one purpose, to act as a stage, a setting, where souls can evolve.

"So the simple part is that life, or more specifically, a lifetime in a physical body, is to evolve the soul. Everyone on this planet is here for a specific reason. And that reason is unique to that soul.

"One lifetime, one incarnation, is actually only a blip of experience for the soul.

The true objective of life is much bigger than one lifetime. What we are each trying to achieve is what can be called spiritual freedom, or spiritual awareness. This can only be achieved by evolving the soul to the level of an ascended master. Once you achieve this level, you are no longer stuck on the wheel of karma in the lower dimensions.”

“You lost me,” his mother said.

Johnny smiled. “It can get complex. Let me explain. When you leave your body after this lifetime, you will go back to the same place that you were at before you incarnated. It will act like a magnet and pull you right back. At this location, you will plan your next incarnation in order to evolve. Once you evolve to the level of an ascended master, you no longer have to return to the same place and plan your next life. Instead, you are free to do as you wish. Free to evolve on your own. You will have evolved to the point where you no longer require guidance. Until then, you are locked on the wheel of karma, requiring guidance from ascended masters and other highly evolved souls.”

Johnny's dad laughed. “You make it sound like we are children and we can't leave home until we are mature enough.”

Johnny smiled. “That's a good analogy. Until the soul is mature enough, it is not allowed the freedom to make mischief.”

Johnny's mom was skeptical. “Are you saying that everyone on this planet is here to evolve their soul, so that they can become ascended masters?”

Johnny nodded. “And that's the really hard part. It's not easy to achieve. It can take thousands of lifetimes. Once you become an ascended master, you can do anything and you can become anything. There are literally no limitations. We can evolve to the

point where we can create life itself. We are all literally gods in the making. It will make your mind spin if you think about it deeply.”

Johnny's dad grinned. “I want to believe you, Johnny, but it doesn't make any sense. You are implying that this planet is basically a school for gods in the making, yet everyone is oblivious to this fact. Not only that, but the vast majority of people are nowhere close to sainthood. How could everyone be a god in the making?”

Johnny hesitated to reply. “All I can do is share what I know. If you don't want to believe me, there is nothing I can do to change your mind. But this is my mission in life, and I will be sharing this information with the world.”

His parents turned and walked out.

Johnny was glad that he didn't talk about planetary ascension and where society is heading. They would have thought he was crazy. From now on, he wouldn't be talking with his parents about spiritual topics. He would keep his conversations with them directed towards society in general. He still had questions about how society was organized, and both of his parents were well versed in this area.

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After a couple of months of writing, Johnny decided to start a blog and a YouTube channel. He called them both The Meaning of Life Explained. He started posting his writing on his blog. On weekends when he had more time, he would create videos and post them to his YouTube channel. The videos sometimes were more than 30 minutes long. They were generally comprised of Johnny looking into his laptop camera and explaining the meaning of life and planetary ascension.

Soon word leaked to the local *CNBS News* affiliate that a local fourteen-year-old had a near-death experience and had begun blogging about the meaning of life. They came knocking on his door asking for an interview.

“Is Johnny home?” the reporter asked. “I’m a reporter with *CNBS*.”

The reporter was wearing a press credential and a cameraman was standing behind her. Their van had a *CNBS* sign painted on the side.

Johnny’s mother hesitated, not wanting her son to be exposed to something that could harm him psychologically. He had been through enough already.

“I’m home!” Johnny shouted as he ran to the door. He was excited that he could do an interview and get the word out.

His mother relented and opened the door. “Come in,” she said.

“Follow me,” Johnny said. “We can do the interview in my room.”

He let the reporter and cameraman into his room and then closed the door.

“My parents aren’t too excited about my newly found knowledge,” he grinned.

“It’s better if we keep the door closed.”

The cameraman was already clipping a microphone to Johnny’s shirt.

“If you sit there,” the reporter said, pointing to a chair, “that’s probably the best place.”

Johnny laughed. “Sorry, we don’t have a lot of choices.”

“No worries,” the reporter said. “We can make it work.”

She looked over at the cameraman. “Are you ready?”

“Almost,” he said, positioning the tripod with the camera attached.

She smiled at Johnny. “Are you ready to do an interview?”

“Oh yeah,” he said. “I’ve been hoping for an opportunity.”

“Okay, I’m ready,” the cameraman said.

She looked at Johnny. “We’ll roll the camera and I’ll start asking you questions. Back at the studio we will do the introduction and shots of me asking you questions. For now, the camera will stay on you the entire interview. Are you ready to begin?”

Johnny nodded.

“Let’s start at the beginning. Can you describe your near-death experience?”

“I was hit by a car and clinically dead for about ten minutes. During that time, I left my body and was taken to another dimension by an advanced soul. He asked me if I wanted the answers that I had been searching for. Such as, why are we here? And what is the meaning of life?”

“I said yes, and he downloaded a large amount of information from his mind into mine. It was nearly instantaneously transferred, but afterward, I could tell you in great detail why we are on this planet.

“Before he gave me the information, he said that it would be both a gift and a burden, and that I had to take both if I wanted the information. Also, he told me that I had to share the gift with the world. I agreed.”

“What did he look like?” the reporter asked.

“It’s not really relevant, because I can’t describe him accurately. He didn’t look like us, because the dimension was a much different reality. From a conceptual standpoint, he looked like a wise old man, but the density of his form was not solid.”

She nodded. “And what did he tell you?”

“It’s not what he told me, but what he gave me. He transferred a large amount of

knowledge into my mind.”

“Such as?” she asked.

“Everyone on this planet is here to learn the rules of God, except those few rare ascended masters who are here to help us. Everyone else came for the explicit reason of expanding the knowledge of their soul. Everyone is here to learn lessons that are possible through experience. Without experience, the soul remains in stasis. Although, since we are eternal beings, it's not necessarily a bad thing to be in stasis.

“However, most souls choose to grow and expand. That's why we expose ourselves to hardships and difficulty. We do it to grow, and there is a level of awareness that we are all trying to obtain. Once we reach a certain level, we are then free to go our own way and teach ourselves. Until we reach this level, we are stuck on the wheel of karma, constantly trying to get off. It is a very difficult undertaking.”

“So, you are saying that reincarnation is real?” she asked.

Johnny nodded. “Yes, in fact, it takes thousands of lifetimes to get off the wheel. Until you have advanced to the level of an ascended master, you must go back to your group. Everyone on the wheel belongs to a certain group. Once you leave your body, you will immediately return to your home base. It acts like a magnet that pulls you home.

“Once you're back at your home base, you plan your next lifetime or series of lifetimes. This planning is all done with the intent of growing the awareness of the soul, until you have reached the level of an ascended master. At that time, you will be free to go your own way, without the need of spiritual guidance.”

“Is this essentially the meaning of life?” she asked.

Johnny nodded. “It is exactly the meaning of life. We are here to grow and

expand the awareness of the soul. The soul has unlimited potential. However, to tap into this potential, it must be matured and honed. The process is very meticulous and extremely difficult. For instance, it generally takes more than a thousand lifetimes to become an ascended master. No one can do it quickly.”

The reporter was intrigued. “If increasing spiritual awareness is the meaning of life, is there a way to speed up the process?”

Johnny nodded. “Yes, but it is not easy. I call it the hand prayer, although it is more precisely the five-finger prayer. Each morning when you get up, you do this prayer and try to hold that energy all day. You begin with the thumb. The thumb represents who you serve. Do you serve your ego or do you serve the soul? The index finger represents if you are grateful or prideful. If you are grateful, then you serve the soul. The middle finger represents purity and innocence. That is how you serve. The ring finger represents love and trust. That is how you obtain purity and innocence. By trusting the guidance of the heart-center, you can maintain your purity. The heart-center will not lead you astray. Finally, the pinky is how you stay in the heart-center. You do this with humility and remaining humble. The tiny pinky reminds you not to be prideful, but instead, to stay in the heart-center and serve the soul by being grateful and selfless.”

“Are you saying that eliminating the ego is how you expand the soul?”

Johnny was quick to reply. “Not eliminating it, but marginalizing it enough so that it does not impinge on our purity and innocence. The soul is pure and innocent and that is what we must become. Our identity, our ego, can still exist, but as something much closer to our real self.”

“So, it is our real self that we are trying to turn into?”

Johnny smiled. "Exactly, and it is found within."

The reporter was skeptical. "How does the devil play into all of this?"

Johnny hesitated, contemplating his answer. "First of all, there is nothing separate from the Creator. I don't believe in the devil, but if he exists, then he is another persona of the Creator. Evil, on the other hand, does exist. But it is nothing more than another face of the Creator. Everything is one and there is no separation from the Creator. Trying to distinguish God from the devil misses the point of life. We are each on our own, and if we find our way, then evil cannot find us. Evil is a pathway that can only be found by those who are astray. This is why evil is live spelled backwards. If we are living in a positive manner, then there is no reason to fear evil."

"Then why do we have evil? What's the point?" she asked.

"To experience the negative, such as cruelty, deceit, genocide," Johnny replied. "Without these, the test would not be complete. There must be the full gamut of experience. The extremes of both good and evil. Without these, experiences are limited. If there is one thing the Creator avoids, it is setting limits on what is possible. Ultimately, the Creator wants to experience everything."

"Understand that we are God, we are the Creator, so when we expose ourselves to these experiences, so does the Creator. These are shared experiences that benefit everyone. You might think that an act of evil has no benefit, but that's not true. All experiences ultimately benefit the Creator. How an act of evil manifests is much more complex than is understood, and is not as simple as one person going astray."

The reporter was still skeptical. "I understand your argument that we come here to evolve the soul, but I don't understand why we have to expose ourselves to so much

cruelty. Why does God force people to endure so much hardship?"

"No one incarnates on this planet without their free choice. We gladly come here for the opportunity to expose ourselves to these tests and experiences. In fact, we are extremely grateful for the opportunity. There are many souls who do not get to come. There are billions more souls who want to come than there are bodies on this planet. To say we are lucky to be here is a vast understatement. If you only knew how lucky you are to be here at this time, you would be on your knees, weeping with gratitude."

"Why would the gratitude be so intense?" she asked.

"Because of the meaning of life. This planet and civilization offers the ability to expand the soul at a rapid rate. When you come here, you are almost guaranteed soul growth. And any form of growth is more precious than you can imagine. To achieve the level of an ascended master is almost beyond comprehension, yet every soul has this potential, and so much more, once it is achieved."

The reporter looked into Johnny's eyes. "That's enough for today, but I want you to come into the studio for some follow-up questions. Can you do that?"

Johnny smiled. "Sure, no problem."

The reporter and the cameramen laughed at his confidence. But they both knew they had a big story.

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The next day, the interview played on the local *CNBS* station, and then the San Francisco newspapers picked up the story and came and did an interview. It wasn't long before Johnny's blog was a popular website.

When Johnny went to school he was ostracized by some of the students. This is typical human behavior. What you don't understand you attack. His friends were more understanding and continued to hang out with him, although none of them read his blog or watched his YouTube videos.

Johnny did not talk about spirituality with his friends, although it was difficult at first to keep his mouth shut. He knew from the knowledge he had learned to only share it with those who were interested. It turned out that only souls with a propensity for understanding spirituality were interested in the meaning of life. Every soul was at a specific level of spiritual awareness, and this level determined their ability to grasp spiritual concepts.

Johnny learned two important rules from his download of knowledge. First, do not try to explain spiritual concepts to those who are not ready. From this rule, he knew that there is no reason to try to save anyone, or explain to an atheist that they are wrong. Second, do not try to understand evil. Leave it alone and it will leave you alone. The best way to combat darkness was to shine your own inner light. If you shine your purity, then darkness will leave you alone. It is only when you give darkness attention that it gains a foothold.

From following these two rules, Johnny's life was pretty simple. He did his morning hand prayer and then tried to maintain the ideals in the prayer all day: serving the soul instead of the ego; being grateful instead of prideful; maintaining purity and innocence; staying connected to his heart-center for guidance; and remaining humble. He did not discuss spirituality with those who were not ready for it, except on rare occasions when he felt impelled to speak, such as when he did interviews. He also avoided the dark

side of life, or what many would call sin, evil, or inhumanity.

What Johnny was doing was nothing special. It was how all advanced souls lived. He was doing it for several reasons. First, it made sense to him, after what he had learned. Second, he wanted to prepare for what he knew was coming. Third, he knew it was the best way to expand his soul's awareness. It was the path of the ascended master.

He had the opportunity to enjoy the temptations of the world, and all that the material world had to offer. But that was not going to get him what his soul needed. He knew deep inside that his soul had another agenda. A strong desire to evolve.

Some people had a desire to raise a family, or perhaps, become the best at what they did. Their passion was focused on these desires. Others had less focused passion, but it generally revolved around an elusive desire to be happy. These desires around happiness were usually filled through emotional relationships, financial rewards, material abundance, or ego satisfaction. None of these were what Johnny was interested in obtaining. He wanted something more; something that he could literally take with him when his soul left his body.

Johnny knew that this world was an illusion. All that happened in this world only had one purpose, which was spiritual growth. Everything else was a charade. The anger and fear that people felt was created for the purpose of growth. It was no more real than their temporary bodies. It was no more real than a staged play at the theatre.

What made recognizing the illusion so difficult is that life feels so real on this planet. People cannot grasp the perfection of life. When they see cruelty and unfairness and all of the depravity that exists on this planet, they cannot see the perfection.

Ironically, seeing the perfection is the first step to knowing God. It is when you see the

perfection that you become compassionate and can finally hold unconditional love in your heart. Not just for those you love, but for all of humanity.

The hardest part of the spiritual journey is grasping that there are no good guys and bad guys. Instead, all is God. It is one. And the God who we recognize as the Creator can only exist as perfection. God only knows unconditional love and complete compassion. That is our Creator. That is our core. That is who we truly are.

When you go looking for God, you will find that the only path with a high success rate is the one Johnny outlined in the hand prayer. While there are many different ways to achieve that path, they are all essentially the same. You have to become pure in your heart and live that purity. And from that purity, love will manifest in everything you do.

The path of the ascended master is one of love. Achieving that focal point of love is not easy to obtain, but it was something that Johnny was going to try to do. It was his mission in life, and he was going to help as many people as possible who had this same mission.

Until recently, attempting to follow the path of the ascended master was a futile undertaking for but a tiny minority of people. However, the energy on the planet had been changing since the late 1980s. Now, the energy was becoming conducive for many to undertake this spiritual path.