

Ascension Yoga

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To the Unveiling of Knowledge
To the Unveiling of Hidden Truths
To the Unveiling of All that Is Love

We dedicate this Book
To our Most Sacred Home,
Our Family, Our Friends
In Heaven and Earth

*The Four Mysteries of the Ascended Masters
And
The Ten Steps on The Path
of the
Karmic Healing Journey Home*

Miriam and Yeshua
The Four Truths of The Golden Rule
from Mark 12: 29-31

1. The Lord Our God is One Lord.
2. And you shall Love the Lord with all your Heart, and with all your soul, and with all your mind, and with all your Strength.
3. You shall Love the stranger
4. As you Love Yourself.

The Ten Step Ladder of Miriam and Yeshua

The Beatitudes - Matthew 5:3-12

1. Blessed are the poor in Spirit for theirs is the Kingdom of Heaven.
2. Blessed are those who mourn for they shall be comforted (mourn, miss, long for our One Creator).
3. Blessed are the meek for they shall inherit the earth.
4. Blessed are those who hunger and thirst after Righteousness for they shall be filled.
5. Blessed are the merciful for they shall obtain mercy.
6. Blessed are the Pure in Heart for they shall see God (Elohim)
7. Blessed are the Peacemakers for they shall be called the children (Sons and Daughters) of God.
8. Blessed are those who are persecuted for righteousness' sake, for theirs is the Kingdom of Heaven. (Standing up for Truth and Right)
9. Blessed are you when they revile and persecute you, and say all kinds of evil against you falsely for My sake. Rejoice and be exceedingly glad, for great is your reward in heaven, for so they persecuted the prophets who were before you.
10. You are the salt of the earth: But if the salt loses its flavor, how shall it be seasoned? It is then food for nothing but to be thrown out and trampled underfoot by men. You are the light of the world. A city set on a hill cannot be hidden. Nor do they light a lamp and put it under a basket, but on a lamp stand, and it gives light to all who are in the house. Let your light shine before men, that they may see your good works and glorify your Father in Heaven.

Yasodhara and Buddha

The Four Noble Truths of Our Heavenly Home

The Teachings of the Compassionate Buddha

1. Separation from God brings unhappiness	1. Those whose mind is well grounded in the seven elements of knowledge
2. Unhappiness is caused by selfish craving	2. Who without clinging to anything, rejoice in the freedom from attachment, whose appetites have been conquered
3. Selfish craving can be overcome	3. Who are full of Light
4. Selfish craving can be overcome by following the path whose steps are:	4. They win Nirvana, Even in this world.

The Ten Step Ladder of Yasodhara and Buddha

1. Right View - Right Attention
2. Right Intent - Right Choice
3. Right Speech - Right Direction
4. Right Focus - Right Posture
5. Right Alertness - Right Awareness
6. Right Purpose - Right Reason
7. Right Effort - Right Communication
8. Right Motivation - Right Action
9. Right Understanding - Right Reverence
10. Right Relationship - Right Home

Uma and Brahman
The Four Sounds of Om
From Mandukya Upanishad

The Self, (Atman) beyond all worlds, is the syllable OM. This syllable, although indivisible, consists of three letters- A-U-M.

1. The Self as the universal person in his physical being, corresponds to the first letter- A (Acting Body- Gross Body)
2. The Self as the universal person in his mental being, corresponds to the second letter- U (Thinking Body- Subtle Body)
3. The Self as the universal person in dreamless sleep, corresponds to the third letter- M (Feeling Body- Causal Body)
4. The Self is OM, the indivisible syllable. This syllable is unutterable, and beyond mind. In it the manifold universe disappears. It is the Supreme good- One without a second. Whosoever knows OM, the Self, becomes the Self. (Karmic Body- Atmic Body)

The Ten Step Ladder of Uma and Brahman
Mundaka Upanishad

1. Take the great bow of the Upanishads (The Breath of the Eternal - Prana) and place in it an arrow sharp with devotion.
2. Draw the bow with concentration on Him,
3. and hit the center of the mark, the same everlasting Spirit.
4. The bow is the sacred OM, and the arrow is our own soul. Brahman is the mark of the arrow, the aim of the soul. Even as an arrow becomes one with its mark, let the watchful soul be one in Him.
5. In Him are woven the sky and the earth and all the regions of the air, and in Him rest the mind and all powers of life. Know him as the ONE and leave aside all other words. He is the bridge of immortality
6. Where all the subtle channels of the body meet, like spokes in the center of a wheel, there he moves in the heart and transforms his one form unto many. Upon OM, Atman, your Self, place your meditation. Glory unto you in your far-away journey beyond darkness!
7. He who knows all and sees all, and whose glory the universe shows, dwells as the Spirit of the divine city of Brahman in the region of the human heart. He becomes mind and drives on the body and life, draws power from food and finds peace in the heart. There the wise find him as joy and light and life eternal.
8. And when he is seen in his immanence and transcendence, then the ties that have bound the heart are unloosened,

the doubts of the mind varnish, and the law of Karma works no more.

9. In the supreme golden chamber is Brahman indivisible and pure. He is the radiant light of all lights, and this knows he who knows Brahman.
There the sun shines not, nor the moon, nor the stars; lightnings shine not there and much less earthly fire. From his light all these give light; and his radiance illumines all creation.
10. Far spreading before and behind and right and left, and above and below, is Brahman, the Spirit eternal. In truth Brahman is all.

Radharani and Krishna
The Four Fields of Material Nature
The Bhagavad Gita – Chapter 14

Material Nature (Prakriti-Illusion-Maya) consists of three modes (Gunas)- Goodness, Passion, Ignorance.

1. Ignorance- (inertia, darkness, Tamas)
2. Passion- (energy, attachment through the senses, Rajas)
3. Goodness- (light- works done to get gain, Sattva)
4. Illusion- (Maya, Karma)

The Ten Step Ladder of Radharani and Krishna
The Bhagavad Gita 13:19 - 33

Know that Prakriti, Nature, and Purusha, Spirit, are both without beginning, and that temporal changes and Gunas, conditions, come all from nature.

1. Nature is the source of all material things: the maker, the means of making, and the thing made. Spirit is the source of all consciousness which feels pleasure and feels pain.
2. The spirit of man when in nature feels the ever-changing conditions of nature. When he binds himself to things ever-changing, a good or evil fate whirls him round through life-in-death.
3. But the Spirit Supreme in man is beyond fate. He watches, gives blessing, bears all, feels all. He is called the Lord Supreme and the Supreme Soul.
4. He who knows in truth this Spirit and knows nature with its changing conditions, wherever this man may be he is no more whirled round by fate.
5. Some by the Yoga of meditation, and by the grace of the Spirit, see the Spirit in themselves; some by the Yoga of the vision of Truth; and others by the Yoga of work.
6. And yet there are others who do not know, but they hear from others and adore. They also cross beyond death, because of their devotion to works of Truth.
7. Whatever is born, Arjuna, whether it moves or it moves not, know that it comes from the union of the field and the knower of the field.

8. And when a man sees that the God in himself is the same God in all that is, he hurts not himself by hurting others: then he goes indeed to the highest path.

9. Just as the omnipresent ether is pure because intangible, so the Spirit dwelling in matter is pure from the touch of matter.

10. And even as one sun gives light to all things in this world, so the Lord of the field gives light to all his field.

I Am That, I Am

The Four Manifestations of Divine Nature

1. You are Robed in the Light of the Kingdom of Innocence

2. You are Baptized in the Waters of the Power of Purity

3. You are Enthroned in the Glory of Love

4. For You are Home in the Heart of OM, Now and Forever.

OM Mani Padme Hum

Another Offering:

The Four Manifestations from the Souls of I Am That, I Am

I Am the Presence of the Kingdom of Innocence in All my Actions.

I Am the Presence of the Power of Purity in All Forms.

I Am the Presence of the Glory of Love in All Names.

I Am That,

I Am,

Presence Immortal,

OM.

I Am the Guidance of the Kingdom of Innocence in All my Actions.

I Am the Guidance of the Power of Purity in All Forms.

I Am the Guidance of the Glory of Love in All Names.

I Am That,

I Am,

Guidance Immortal,

OM.

I Am the Blessings of the Kingdom of Innocence in All my Actions.

I Am the Blessings of the Power of Purity in All Forms.

I Am the Blessings of the Glory of Love in All Names.

I Am That,

I Am,

Blessings Immortal,

OM.

I Am the Anointings of the Kingdom of Innocence in All my Actions.

I Am the Anointings of the Power of Purity in All Forms.

I Am the Anointings of the Glory of Love in All Names.

I Am That,

I Am,

Anointings Immortal,

OM.

I Am the Love of the Kingdom of Innocence in All my Actions.

I Am the Love of the Power of Purity in All Forms.

I Am the Love of the Glory of Love in All Names.

I Am That,

I Am

Love Immortal,

OM.

I Am the Life of the Kingdom of Innocence in All my Actions.

I Am the Life of the Power of Purity in All Forms.

I Am the Life of the Glory of Love in All Names.

I Am That,

I Am,

Life Immortal,

OM.

I Am One in the Kingdom of Innocence in All my Actions.

I Am One in the Power of Purity in All Forms.

I Am One in the Glory of Love in All Names.

I Am That,

I Am,

One Immortal,

OM.

Spirits Wind

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The Ten Step Ladder of I Am That I Am

Deuteronomy 5:6-21

1. Thou shalt have none other gods before me.

2. Thou shalt not make thee any graven image, or any likeness of any thing that is in heaven above, or that is in the earth beneath, or that is in the waters beneath the earth: Thou shalt not bow down thyself unto them, nor serve them.

3. Thou shalt not take the name of the LORD thy God in vain.

4. Keep the sabbath day to sanctify it, as the LORD thy God hath commanded thee Six days thou shalt labor, and do all thy work:

5. Honor Thy Father and Thy Mother.

6. Thou shalt not kill.

7. Neither shalt thou commit adultery

8. Neither shalt thou steal.

9. Neither shalt thou bear false witness against thy neighbor.

10. Neither shalt thou desire thy neighbor's wife, neither shalt thou covet thy neighbor's house, his field, or his manservant, or his maidservant, his ox, or his ass, or any thing that is thy neighbor's.

The Unmanifested One

The Four Unmanifestations of the Unmanifested One From the Aquarian Gospel 9:22-25

1. No manifesting form has Tao Great, and yet Tao Great made and keeps the heavens and earth.
2. No Passion has our Tao Great, and yet Tao Great causes sun and moon and all the stars to rise and set.
3. No name has Tao Great, and yet Tao Great makes all things to grow: and brings in season both the seed time and the harvest time.
4. And Tao Great was One; The One became the Two; The Two became the three, the Three evolved the Seven, which filled the universe with manifests.

The Ten Step Ladder of The Unmanifested One

The Book of Tao

10. In the home the truly wise love the humble earth,
9. the foundation on which the home is built;
8. in the heart they love what is genuine;
7. in friendship they are compassionate;
6. in words they are sincere;
5. in government they foster peace and goodwill;
4. in business they work with quiet efficiency. Serenity is the goal of Tao; through it nothing is lost.
3. Nothing in the world is weaker or more yielding than water; Yet nothing is its equal in wearing away the hard and strong. There is nothing quite like it.
2. Thus, the weak can overpower the strong; the flexible can overcome the rigid. the whole world can perceive this; but does not put it into practice.
1. And so the truly wise say: Whoever bears the shame of a nation is fit to lead the nation; Whoever bears the sins of the world is fit to lead the world.

Another Offering:

The Ten Step Ladder of The Unmanifested One From the Living Word of Melchizedek – The Bible

1. Hope, Faith, Love, Om, Christ, Holy Sprit, God
2. Miriam Yeshua, Yasodhara Buddha, Uma Brahman, Radharani Krishna, I Am That, I Am, Unmanifested One, Melchizedek
3. Holy are Your Names.
4. Your Kingdom come,
5. Your Will be done
6. On Earth as it is in Heaven.

7. Give us this day our daily bread,
8. and forgive us our trespasses as we forgive those who trespass against us.
9. Lead us from temptation
10. and deliver us from the veils of illusion For You Are the Kingdom of the Innocent (East) You Are the Power of Purity (South) You Are the Glory of Love (West) For You are Home in the Heart of Om. (North) Om Mani Padme Hum

The Sacred Heart of Melchizedek

The Four Directions/Gateways of Our Heavenly Home

1. East
The Mode of Innocence
Sophie and Uriel- The Archangels of the Gateway of the Innocence
2. South
The Mode of Purity
Hosanna and Gabriel – The Archangels of the Gateway of the Mode of Purity
3. West
The Mode of Love
Charity and Raphael – The Archangels of the Gateway of the Mode of Love
4. North
The Mode of Wisdom
ClaireaZe and Michael – The Archangels of the Gateway of the Mode of Wisdom

The Ten Step Ladder of Melchizedek Psalm 23

1. The Lord is my Shepard, there is nothing I shall want. In pastures of green H/E leads me to lie down
2. H/E leads me beside the still waters
3. H/E restores my soul.
4. H/E leads me in Paths of Righteousness for His Name Sake.
5. Yeah, though I walk through the valley of the shadow of death, I will fear no evil,
6. For you are with me. Thy rod and thy staff, They comfort me.
7. Thou preparest a table before me in the presence of my enemies,
8. Thou anointest my head with oil, my cup overflows.
9. Surely goodness and mercy will be with me all the days of my life
10. and I shall dwell in the House of the Lord forever.

* H/E – Go Heaven & Earth. Male & Female

**Another Offering:
The Ten Fields of The Divine Nature of
Melchizedek**

Subtle Anatomy

1. A-U-M

Physical Incarnation

Conscious/Unconscious (Acting Body or Gross Body)
(Seven Bodily Systems) (Seven Virtues)
Endocrine, Circulatory, Digestive, Respiratory, Muscular,
Skeletal, Brain and Nerve
(Grounding, Sharing, Acceptance, Balance, Compassion,
Humility, Alignment)
(Five Senses) (Five Essences)
(Touch, Taste, Smell, Sight, Hearing)
(Healing, Peace, Abundance, Joy, Love)
(Prana Yoga- Life Essence)

2. A-U-M

The Thinking Body or Subtle Body

Collective Conscious/Collective Unconscious (Akasha)
(Seven Auras of Light around the Body)
(Red, Orange, Yellow, Green, Blue, Indigo, Violet)
(Five Pranas of Light within the Body)
(Golden, White, Clear White, Secondary Clear, Primary
Clear)
(Mantra Yoga- Prayers, Mantras)

3. A-U-M

Feeling Body or Causal Body

Cosmic Conscious/Cosmic Unconscious
(Seven Back-body Chakras, Seven Spirits)
(Hope, Faith, Love, OM, Christ, Holy Spirit, God)
(Five Front-body Chakras, Five Ascended Masters)
(Yeshua/Miriam, Yasodhara/Buddha, Uma/Brahman,
Radharani/Krishna, I AM THAT I AM)
(Japa Yoga- Names of Our One Creator)

4. OM- Miriam and Yeshua

The Karmic Body- Golden Light

The Word Made Flesh in Miriam and Yeshua.

The Word is OM.

(Circulatory System, Touch, Sensing, Presence)

Hatha Yoga

The Earth of the Innocence of Miriam and Yeshua

We are Healing, Worry is Gone;

We are Remembering to Smile

Salvation

5. Yasodhara and Buddha

The Mind- White Light

(Digestive System, Taste, Thinking, Guidance)

Raja Yoga,

The Waters of Purity of Yasodhara and Buddha

We are Peace, Anger is Gone;

We are Remembering to Laugh

Enlightenment

6. Uma and Brahman

The Soul- Clear White Light

(Respiratory System, Smell, Feeling, Generosity, Blessing)

Bhakti Yoga,

The Fire of Love of Uma and Brahman

We are Abundance, Scarcity is Gone;

We are Remembering to Work Honestly and be Generous
Service

7. Radharani and Krishna

The Spirit- Secondary Clear Light

(Muscular System, Sight, Intuition, Anointing)

Ghana Yoga,

The Air of Wisdom of Radharani and Krishna

We are Joy, Sorrow is Gone;

We are Remembering to Rejoice

and be Thankful for our many Blessings

Grace

8. I Am That I Am (I Am Presence)

The Will- Primary Clear Light

(Skeletal System, Hearing, Emotion, Love)

Karma Yoga

The Ethers of Creation of The I AM THAT I AM

We are Love, Fear is Gone;

We are Remembering to be Kind to our Neighbor and all
Living Things

Surrender

9. Unmanifested One

The Higher Self – Invisible Light

(Brain and Nerve System, Perception, Reason)

Laya Yoga

The Fields of Divine Nature of The Unmanifested One

We are Life, Separation is Gone;

We are Remembering to be Happy

Remember

10. Melchizedek

The Sacred Heart- Silver Violet Light

Kundalini Yoga

The Heart of Hearts and the Home of Homes

We are One with the Great Being, Loneliness is Gone;

We are Remembering the Greatest Gift of Love And

Returning

Home