



BLISS



Creating Heaven-on-Earth

Leão Cristo &
The Bliss Family

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“Ayahuasca TRUTH: Revolutionising Ayahuasca
for Ascension”

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“BLISS: Creating Heaven-on-Earth”

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LoveLight CommUnity

We, Lara & Leão¹, have created a pioneering approach to accelerated spiritual transformation based on our own direct experience and application of revolutionary multidimensional teachings.

Brazilian and Scottish respectively, we officially founded LoveLight CommUnity in October 2021 in Tulum, Mexico, having met seven months earlier in Florianopolis, Brazil.

Following much past life remembering, we rekindled our multi-incarnational twin-flame consciousness romantic bond and continued forward in divine union, aligned with our pre-incarnate soul blueprints.

The soul evolution afforded us by harnessing the transformative power of the catalytic twin-flame relationship led to the creation of LoveLight CommUnity.

¹ Here is Lara's and Leão's bio on the LoveLight CommUnity website - <https://lovelight.community/about-us/>

Our mission is to help create heaven on New Earth, Gaia, by building and inspiring a comm-Unity focussed on embodying our true Source essence of unity consciousness.

We aim to propel the global expansion of consciousness in full alignment with humanity's, and the planet's, ongoing shift in consciousness.

We help people remember their divine truth, who they are and why they are here, the coveted Gold Medal in the “game of life”.

Our Approach

A fundamental part of our approach is proclaiming and explaining that joy is the new teacher!²

Furthermore, we aim to create a conscious commUnity where we share our experience and sources of higher multidimensional truth. We are here to inspire and help other souls realise and remember that they are their own guru and master, no one knows what is better for them than themselves.

We encourage following your intuition above all else as various combinations of teachings and techniques will resonate with different people. The only opinion you should ever take as gospel is your very own Inner-Tutor,

² Please see the section “Joy is the New teacher” in part 1 below.

your In-Tuition, You. Infinite continuous Trust in yourSelf is the key here.

For those Indigo Warriors and souls who value analytical processing on their path, we would point you to the modern sacred texts³ and divine reading list⁴.

For the romantic souls among you, the lovers, heart-breakers and heart-achers, we would point you towards the enormously transformational potential of the twin-flame consciousness relationship, where we use revolutionary methods (the most accelerated and advanced techniques on the planet!) for twin-flame manifestation and bonded-couples past life healing in our retreats.

For the adventurous amongst you, we would point you towards the pioneering approach to divine remembering and future self-embodiment through ayahuasca ceremonies, laid out in this text. Many of the same principles can be applied to psilocybin mushrooms, bufo and san pedro ceremonies.

For a ready and committed soul, our trailblazing teachings, and techniques, are currently among the most direct and effective methods on the planet for rapidly remembering divine truth and progressing on the path of ascension (also known as the journey of human

³ Please see our website - <https://lovelight.community/modern-sacred-texts/>

⁴ Please see our website - <https://lovelight.community/divine-reading-list/>

evolution, spiritual evolution, self-love, lightbody activation, liberation & enlightenment).

We are here to serve others in remembering their divine self and purpose in any way we can. Catalysing, channelling, teaching, guiding, we are eternally open and flexible to support souls in whatever unique way is most effective for them.

Our Vision

Our vision is Heaven on New Earth, Paradise on Gaia.

This can only happen on a grass root, bottom-up basis, with more and more individual souls choosing truth, love, and light for themselves, consciously choosing to walk the path of their personal ascension. Over time this will build and at certain points there will be huge shifts when many millions of souls make this choice during a short time period.

We envisage the creation of The New Library of Alexandria: a digital archive and connected community of higher multidimensional Truth. Soon we will launch our YouTube channel, begin our trailblazing retreat offerings, and write books on twin flame consciousness, the modern spiritual path and on pure fasting.

This is only the beginning of our creation and sharing, and it is our eternal privilege and honour to serve you beautiful souls in line with our path of destiny.

At all times we are devotedly and unwaveringly committed to lovingly supporting all souls that cross our path that are ready to make the choice self-love. We know the level of trust, resolve and courage it takes, and we know that by sharing our love, light and truth, we will make the process substantially more LoveLight and Joyous for all souls we touch.

Thank YOU, Beloveds!

Infinite Love, Light & Blessings,

Lara & Leão

Leão Cristo

Born in the Highlands of Scotland on 1st January 1986, I had a lust for experiencing all that life had to offer, though the trappings of our modern civilisation led my unconscious aspects astray.

Coming from a predominantly atheist and agnostic family, I always looking externally for meaning and purpose. This led me to visit around 80 countries by my early thirties, whilst building a career in London finance which I perpetually loathed, though almost paid for my extravagant lifestyle. Celebrated by others as the “life-&-soul” of the party, I strongly identified with this role, which led me into many problems with sex, alcohol, and substance addictions.

My life changed direction after a romantic relationship with my first spiritual catalyst, twin flame, in Spring 2017.

I shifted from having 0% focus on spirituality, to 100%.

Realising that all the answers I wanted were inside of me, I began to work on myself relentlessly in an effort to remember divine truth, embody my true-Self and live my dream life.

Truth Trailblazer

This pursuit of truth led me on an extremely difficult path, testing me oftentimes beyond measure.

Through many cumulative months of periodic dry fasting, I was able to live for one month with no food, water, or liquids, to the point where my weight stabilised, and I could have continued living like this indefinitely⁵.

I discovered that this, most pure type of fast, is the fastest way to purity. By purity, I mean the level of self-love and light one metaphysically molecularly embodies at the matter and anti-matter level, that being the level of their shadow-side they have integrated and brought into the light of their consciousness.

My relentless approach to spiritual transformation has resulted in processing, or integrating, all of my past life

⁵ I began drinking water again on the 26th day and started eating on the 30th day.. There are a number of humans living permanently like this (seven according to Breatharian World - <https://www.breatharianworld.com/en/category/breatharians/levels/level-4/> - and undoubtedly others not in the public eye. I had previously been guided by Victor Truviano and was inspired to pursue this path by my fellow Celt, Sophia Waapiti Ra after watching her amazing video - https://www.youtube.com/watch?v=E-t_oK31Je8). As the current Guinness world record for a dry fast is 18 days (a prisoner forgotten in a cell, so not medically supervised), I plan to make a documentary in 2022 of the longest ever medically supervised dry fast, where I will prove publicly that it is possible to survive and thrive indefinitely with no water, liquids, or food. I intend this to be a noteworthy step in bringing the truth of our spirituality and ascension to a wider audience. I will also write a book on this topic in 2022.

shadow trauma, akin to one's negative karma, in a relatively short-period amount of time. The key acceleratory components of this have been ayahuasca, dry fasting, twin flame union - spiritual growth through, usually, romantic relationships - the modern sacred texts⁶ and embodying the joy is the new teacher⁷ spiritual catalyst approach.

Along the way, I was brutally “exorcised” during an ayahuasca ceremony, which included clean-breaking the largest bone in my hand and spending years afterwards scared of “demons”. This was the most traumatizing and catalysing experience of my lifetime. This set in motion an inner resolve, that no-one else would suffer so greatly in their search for love, light and truth, which has now crystallised in physical form through the revolutionary teachings and LoveLight ayahuasca ceremony approach in this text

Only with the astounding guidance received from countless physical and non-physical beings over years, in conjunction with my single-minded focus on self-experience, have I come to realise, understand, and embody a paradigm shattering truth:

All so-called “demons” or “vampiric beings” that we experience are, in fact, aspects of our own unconscious, they are our repressed “shadow-side”.

6 See section 1 below.

7 See section 1 below.

Rejecting them keeps them unprocessed in our fields, loving them transforms them into light and catapults us forward on our spiritual paths.

This is not only grossly misunderstood in almost all spiritual communities; understanding this experientially, is a paramount pre-requisite to spiritual evolution: the reason we all chose to incarnate here!

This book explains many other higher-dimensional truths which debunk myths and misunderstandings of the spiritual path, with a specific focus on ayahuasca.

Destiny

Such experiences of exorcisms and extreme fasting have been arduous to say the least. It has taken me considerable time to understand the reason behind my relentless pursuit of truth, and my willingness to do whatever it takes.

As a Capricorn, I was literally born into it, the Capricorn, or mountain goat, being able to ascend the perilous path⁸ that others cannot.

As time went on, I began to increasingly understand and remember more of how my spirit-self had chosen and created my life path before I was born. I realised that I

⁸ The mighty ibex mountain goat, boldly going where others do not dare!
<https://www.youtube.com/watch?v=RG9TMn1FJzc>

had volunteered to be a front runner and way-shower in the ascension process.

My encoded personality, Enneagram⁹ type seven, is the most addictive type, always wanting more. Once I eventually overcame my material addictions, I became addicted to expanding my consciousness, embodying the ancient eastern term, “spiritual athlete¹⁰”.

Just as I was always one of the fastest boys in my city, my incarnated soul configuration has allowed me to traverse the spiritual path at break-neck speed, only to realise, “the tortoise wins the race”!

Like a mountaineer who has ascended to a certain point, their experience aerial perspective can identify better paths for others, so has my new state of consciousness allowed me to realise more effective paths for future spiritual truth seekers. Indeed, my destined blueprint has been one to learn the hard way, so that I may guide others on more light and loving ways.

A predominant aspect of my spiritual life path is thus lovingly sacrificial in nature, an energetic which continues in my role as ayahuasca ceremony guide, where I am used as a conduit and channel of Christ consciousness Source energy to help heal the shadow trauma of the ceremony participants.

⁹ The Enneagram is a system of personality typing that describes patterns in how people interpret the world and manage their emotions. The Enneagram describes nine personality types and maps each of these types on a nine-pointed diagram which helps to illustrate how the types relate to one another.

¹⁰ Thank you, Erin in Guatemala, for that one!

It has taken time to overcome my deep – past life originated - fears associated with my destined path, though I now embrace it as the true blessing it is.

There is no greater liberation in this life than remembering the truth of who we are and why we are here, and I will do whatever it takes to serve humanity to the greatest of my ability in this pursuit.

Dedication

This book is dedicated to my 95-year-old grandmother, Winnie Fraser Masson, from my birth town of Inverness in the Highlands of Scotland.

Thank you for your unwavering love and support for my entire life. Many of my happiest childhood memories were by your side.

This is my first of many contributions to the literary world of spiritual truth, and I have always wanted to dedicate my first book to you.

The supreme values and work ethic that you nurtured in me have been the bedrock of my self-exploration and discovery, which are themselves the foundation of this book.

Infinite love, light and blessings to you Dear Granny.

Acknowledgements

An effervescent thank you to the multitude of physical and non-physical beings that have supported me on my path.

A very special thank you to Master Teacher light-being Dominik Grueneberg, for his trailblazing and loving guidance and for being a beacon of light during my darkest hours.

Another special thank you to my beautiful twin-flame, puppy, lioness and co-founder of LoveLight CommUnity, Lara, who's infinite strength, trust, patience, and love, are essential to everything that we continue to create together.

Thank you to my beloved parents, Dad for being a paragon of unconditional love, support, and guidance in my life; Mum, for inspiring me when I was a child that anything is possible.

Revolutionising Ayahuasca for Ascension

The Human Condition

Most people seem to be surviving through life more than thriving. I myself epitomised a life of escapisms, distractions, and addictions, trying - unsuccessfully - in the years before my spiritual awakening to be happy, and denying my failings.

Many believe this is the inevitable human condition, that we are hard-wired to embody and act miserable patterns of behaviours in some Darwinian evolutionary pursuit.

The truth, however, is that all human suffering comes from one source: the misunderstanding of who we are and why we are here.

We are all God; we have just forgotten.

Our unconscious shadow trauma is the source of all life's misery, it being the buried forgotten aspect of ourselves that we treat with self-hate instead of self-love. "Heaven-on-Earth" arises for each of us when we fall in love with ourselves

I once saw the Edinburgh born author and historian Graham Hancock talking on the Joe Rogan podcast. Hancock is a notorious ayahuasca proponent, having famously had an inspiring TED talk on consciousness banned by the powers that be. On the podcast, Hancock shared his point of view, that if every politician drank ayahuasca ten times, our society would be transformed for the better and the world would become a vastly more conscious place. I whole-heartedly agree!

If there were one, "cheat-code" or "magic-pill" for taking the elevator to "Heaven-on-Earth" and transforming a predominant global frequency from one of fear, to one of love, this is it.

Yes of course this is an unrealistic pipe dream, though it serves to highlight the beneficial transformative potential of these magic plants.

Why is ayahuasca so lovingly transformative? The answer is myriad, and analysed throughout this book, though in one word, it is "remembering".

Remembering of our divine nature, which of course, stems from forgetting that we are divine. This is the “original sin” the “first trauma” or “true human condition” from which all other unconscious shadow aspects and trauma derive from. As such, divine remembering is the panacea to all. The “game of life” is to remember the truth that we are divinity incarnate, all powerful creators and infinitely loved at all times.

As our higher frequency spirit selves, we created our reality to be convincing enough that the amnesia of our true-selves that we were born with, would continue during our life-times. We convinced our-selves that we were fickle, mortal humans for the game to work, so well, that we would not believe otherwise! So how then do we remember the truth of who we are and why we are here?

Ayahuasca is the most direct, undeniable, and effective method that I have found to wake people up to remembering their spiritual selves and catalysing them forward on their destined life path.

This work is a pioneering contribution to spiritual literature, with many insights and revelations covering previously uncharted territory on ayahuasca and ascension¹¹.

It further applies these discoveries to create a uniquely new ceremonial approach to ayahuasca, resulting in more direct, accelerated, loving, and joyous spiritual evolution and remembering.

¹¹ See section “What Is Ascension” Part 1.

Ayahuasca's Future

As with all aspects of life during these ascending times, ayahuasca teachings and techniques need a “love-&-light-shake-up”!

In this book we examine a variety of traditional practises, offering high frequency alternatives in their place. Left unmodernised, these practises will act as a “bottleneck” to ayahuasca’s future growth, effectiveness, and contribution to the expansion of global consciousness.

It is our intent that the discoveries revealed in this work will contribute to a transformation in how ayahuasca is understood and approached across the world, and that the practise of these lighter teachings and techniques will, in turn, allow these magical plants to reach millions and billions of new souls in the years ahead.

We hope to inspire people with the LoveLight ayahuasca approach, so that they may create their own flavour, teach others, and contribute to the consciousness and light expansion in this sacred sphere. In this way we intend to nurture the seeds for a CommUnity of New Earth spiritual teachers, guides, and contributors.

We are tremendously excited about the new generation of ayahuasca guides and spiritual teachers who will trailblaze their own path of love, light and truth.

To the Reader

The sacred flow of synchronicity creates an energetic connection or “web” with this material whereby only those who are energetically aligned will create and attract this book into their reality. If you are reading this, then you are ready for the next stage of your spiritual growth.

And so, we urge you to act, to act now, with gusto and verve! The spiritual path NEEDS to be experienced; this is the only way. Now is the era, the age, the time to “Walk-the-Walk”.

Trust that you will be infinitely loved, supported, and guided every step of the way, for this is the truth!

Trust that your courage to express your true self and trailblaze your own path will be rewarded with the truest treasure that you cannot now even fathom, for this is also the truth!

Be it with ayahuasca, or in any other infinite way, the spiritual path is one of conscious, exploration, discovery, movement, action, and adventure.

Now is the time you get to be the lead star in your own Hollywood blockbuster, with the entire universe gleefully watching, loving, and supporting you...it is an epic in the making!

Godspeed, Beloveds!

Introduction

An integral part of our personal and collective evolutionary ascension process is to open and update our belief systems, in place of higher dimensional truths.

In our new ascension era, the golden age of mass enlightenment, in time, every aspect of life will be reborn in higher and lighter frequency form.

We have infinite love, respect, and gratitude for the plant spirit ayahuasca including all the traditions and people involved since its birth on this planet.

Ayahuasca has been an enormous servant to the expansion of consciousness in our reality, though there are aspects of the traditional ceremonial methods which can be improved to make the experience more light, loving, and joyful.

Ayahuasca ceremonies have a reputation for often being messy, scary, confusing affairs. We have formulated a new, loving, and enlightened approach to working with the plant spirit ayahuasca, by combining our direct insights and epiphanies with modern multidimensional teachings, channelled in support of our global ascension process.

These advanced multidimensional teachings and techniques completely transform the ayahuasca ceremonial experience for the modern age.

The new approach results in clearer, calmer, lighter experiences, as well as more direct, accelerated and permanently embodied expansions of consciousness.

This book is an in-depth analysis of how ayahuasca works multidimensionally in conjunction with the path of spiritual evolution, ascension, and enlightenment.

Our higher frequency focussed approach reduces risk of re-trauma and additional negative karma, whilst supporting faster trauma integration and a more joyous spiritual journey.

Even in isolation, each one of these new discoveries and alternative techniques completely metamorphose the ceremonial experience.

When all are combined, the transformational potential of the ceremony, in terms of healing, spiritual growth, divine truth remembering and love & light “metaphysical-molecular” embodiment, is colossal.

Part 1: Ascension

The Uniqueness of Our Time

Our planet Earth is currently undergoing her own spiritual evolution. This process of consciousness expansion has seen her frequency, measured scientifically by the Schumann resonance, increase to record highs. This frequency, or tone, is an energetic pulse like a heartbeat¹² and its continual rise is a cause and effect of the corresponding expansion of consciousness taking place across humanity, and across all consciousness structures on the planet.

During this unique age we are experiencing a shift in consciousness from a third, physical, and fourth, emotional/astral, dimensional frequency bandwidth to a paradisiacal fifth dimensional expression of reality. This rolling up of the dimensional scale, which we experience as reality, from 3D & 4D into 5D is spiritually known as ascension.

Every plant, animal, and human soul, as well as all other flavours of God-essence, are undergoing an ascension

¹² Please see this article for more information - <https://lovelight.community/heartbeat-of-gaia/>

process – be it consciously or unconsciously - in alignment with the collective consciousness of humanity and our planet, 3D Mother Earth, who herself is transforming into 5D Gaia.

This blessed and auspicious period in our history has been prophesied by all major spiritual lineages from the Christians, The Second Coming of Christ and the Book of Revelations, to the Mayans, the end of their long-count calendar, to the Rishis, prophesying the end of the Kali Yuga.

Astrologists have heralded the enlightened, Golden Age of Aquarius, when humanity remembers and fulfils its destiny to expand its consciousness, remember who they are and create heaven on New Earth, Gaia.

The Tibetan Buddhists call this time Shambala, “the creation of enlightened society”. As we evolve more human being-ness, the veil of human suffering becomes transparent, enabling us to remember the divinity and beauty in ourselves, others, and all of creation.

Ultimately, this is the era that humanity begins to fully awaken and remember their divine truth en masse.

Human Spirit

We are both humans having a spiritual experience and spirit having a human experience. As our spirit-selves, we chose to come here knowing that we would have to go

to sleep, forget everything that we know, and be unrecognizable to ourselves and each other.

When we are born into our physical lives, we choose to incarnate with amnesia of our true unified spirit selves and soul matrix (the individualised energetic memory complex that is a human being, incorporating both physical matter and non-physical - mental and emotional - anti-matter energy bodies) past life memory, falsely believing in our separateness. As Omni eloquently explains:

“Each of us is a multidimensional being and you exist as a conscious being beyond the physical whilst you are present in the physical.

Because your current focus and purpose is in the physical, you have only a vague recollection of what is non-physical. As a multidimensional, non-physical being, your consciousness spans many levels of consciousness.

This span stretches from you at the cellular level right up to what you would term as ‘God’.

You could perhaps imagine yourself to be somewhat like a finger of God protruding into the physical realm.

Your being is simultaneously present in the Physical, Astral, Mental, Christ, Buddhaic, all the multidimensional realities, including the Source.

In essence, you have not left the Source; you have simply extended yourself outwards into another perspective of reality.”¹³

The “game of life” is to remember and re-integrate all aspects of ourselves, moving back together into a state of sovereignty and unity.

¹³ John Payne channelling Omni. *Omni Reveals the Four Principles of Creation*. Inner Traditions/Bear & Company. Kindle Edition.

What is Ascension?

We use a variety of terms to denote the path of spiritual growth, such as: spiritual evolution, ascension, enlightenment, self-love, expansion of consciousness, self-knowing, awakening, the lightbody process, and self-realisation.

We refer to the first chapter of “An Ascension Handbook”, written by Tony Stubbs, channelling Serapis Bey for an answer to the question, what is ascension?

“Ascension is basically a change in frequency and a change in focus of consciousness. This book looks at energy as the “stuff” behind everything. This energy collaborates and combines in indescribably complex ways to form you, everything you know, and everything you don’t know. The two major qualities or characteristics of energy are its amplitude and the rate at which it vibrates, or its frequency.

Your physical body, emotions, thoughts, and spirit are all made of this stuff, blended in ways that make you unique in all the universe. Because the energy you are has frequency, you can change it. That’s all ascension is.

As you raise the rate of the lowest frequency energy in your physical body, it becomes less dense and incorporates energy of ever higher frequency. As it does, you will see things and think things that were not possible before.”

Ascension is both an individual, a collective and a planetary body experience which is essentially, the opening of our hearts and capacity to love: the truest measure of our spiritual growth. A collective ascension process is currently being experienced on Earth which is that of returning “home” whilst still in physical incarnation. Due to the high and ever increasing planetary frequency, humans no longer need to leave our physical body in order to ascend, as we did in past eras.

Ascending within an incarnation transforms the consensus reality ascribed sequence of unconscious birth, life, and death.

Firstly, as the current “global proxy religion”, if we take science as the spokesperson, the consensus reality does not “believe¹⁴” in spirituality or, life before or after death.

The truth is that we are eternal multidimensional beings, experiencing a physical reality on Earth for a set of incarnations, to experience, learn and expand ourselves. Life is how the process of creation works and we are both the creation and the creator simultaneously.

¹⁴ More on belief systems in the Integration section.

One of my greatest loves about ayahuasca is that only one experience can be enough for an individual to realise part of this tectonic truth¹⁵.

Once an individual reaches the point where they have had a direct experience of their spiritual selves, and they have initiated the process of integrating this into a paradigm of knowing¹⁶, such they have reached moved past doubt to a critical mass sufficiency, one can move onto their next life-changing revelation.

We can choose immortality in this life.

In our age of ascension, this is to realise that we do not need to conventionally “die” in the lifetime, that being the process of aging, worsening health, physical decay, increasing pain and suffering and eventual “lights-out”.

Rather than going through this process on unconscious auto-pilot, we can engage a journey of improving health, reducing aging and decay rate to eventually zero, and stay in our body¹⁷ as long as we want in this incarnation,

¹⁵ Although one ayahuasca experience can be positively life transforming by proving to an individual through direct experience, their true spiritual existence and origin, in almost all cases, there is still ineffably more love, light, truth and wisdom to gain from continuing with further ceremonies. For a belief thought structure to have enough mass to be integrated and embodied as a paradigm of “Knowing” (rather than transiently dissipating within the human body/mind system) the belief requires a source of higher dimensional truth or wisdom, whilst one needs to have sufficient direct experience to create enough force or momentum. Continued spiritual epiphany experiences, such as ayahuasca, vastly activate, accelerate, and guide this process.

¹⁶ See note 14 above.

¹⁷ By this time the body will have transformed from a matter-based physical vessel to a more anti-matter based light body.

before at some point consciously choosing to move to a non-Earth reality for a different type of experience. This is a choice for us in the lifetime because the high and ever-increasing global frequency is here to support this mass consciousness awakening.

I appreciate that this is far outside most people's belief systems, as it was mine only a handful of years ago. Though since then, I have survived without drinking liquids or eating food for one month, which most would agree is a "miracle¹⁸". In actual fact, it is evidence of my stage of lightbody activation¹⁹ and evolution.

The first step comes in changing one's belief systems, which comes through direct experience of spirituality. As we are not all master meditators, this is where ayahuasca, and other plant spirits, serve greatly.

There is currently a movement by the billionaire global elite to try and live forever²⁰ through technology development. This is certain to fail in our lifetime for a myriad of multidimensional reasons. Ironically, if they looked inward instead of outward, they could find the elixir of life they are searching for.

18 I am sure the caveman would think the electric light was a miracle. A miracle is that which one does not believe possible, that which lies outside of one's belief system. When you open your belief system sufficiently over a period of time through direct experience, the concept of miracles ceases to be.

19 See Truth Trailblazer section in the front matter.

20 <https://www.youtube.com/watch?v=-Lcb78d6m70> I enormously admire Russell Brand's efforts to contribute to vast structural and systemic global change and look forward to introducing him to my focus flavour of spirituality.

When we raise our frequency during an ascension process, we move into a unified field of consciousness where we remember that we are all things. This state of unity is our true home, birthplace, and the source of all creation: Source. As part of the process we change the genetic and energetic coding within our DNA.

Quantum DNA

Around 99% of our DNA is labelled by scientists as “Junk” DNA, named because they could not determine its function.

This, more aptly termed, “Quantum DNA” holds a universal template for all life including vast amounts of information that the soul has gathered over many incarnational cycles on various planets and stars.

Quantum DNA holds dormant, inactivated memory of our true multidimensional selves. This memory comes back online during the lightbody evolution process and also when drinking ayahuasca, as the plant DMT temporarily activates our quantum DNA.

This memory or knowing can be full awareness of one's previous or future incarnations, quantum or alternate selves, star lineages, as well as ancestral memories and genetic markers.

This memory can also be a feeling of belonging within a particular community, group, or to humanity itself, often including a deep sense of purpose and mission.

DNA Activation

The DNA codes, currently the double helix carbon-based formation, move into the triple helix crystalline based formation. This means the codes within the DNA change the energetic structure of the physical vehicle from matter into antimatter. Physical organic matter alchemises into pure light. This is the “ultimate alchemy” as it is the golden mean frequency (Fibonacci sequence²¹) that runs through our entire organic system when you reach this Source ascended full self-realised state.

This is the re-integration after the dis-integration. In order to incarnate as a physical human, the energetic soul matrix must dis-integrate, fragment, or separate (in the sense of breaking down) all aspects of self, aspect by aspect.

When a soul experiences an ascension journey within their incarnation, this includes remembering all of these fragmented aspects of self (also known as “soul fragments” or “pieces”) which initiates the re-integration process as they simultaneously become Source activated.

The “new” individual is then birthed into the DNA crystalline structure, allowing the “higher self” to stream into the fields of the individual in human incarnation.

²¹ The butterflies (representing transformation) are laid out in the pattern of the Fibonacci sequence (the equation of creation) on the front cover of this book.

When this happens, the process is known as “activation of the light body” or “rainbow body of light”. This can also be referred to as “activating the Merkabah vehicle” or “kundalini raising”. It is also known as ascension.

The low frequency energy of fear and limitation fall away, and one lives in an ecstatic state, unified with one’s spirit and with the spirit of everyone else.

This is the journey we are on. You would not have found your way to these words unless you were on this journey, for the information itself is a resonance field, finding its way through the waveband of synchronicity to its like vibrational match. You or rather “your thoughts”.

The process is not linear, it is more like music. We move in an out of this unified field as we expand and grow. Oftentimes we feel as though we are taking a step backwards, forgetting our spiritual teachings or losing our grace and spirituality. This is a normal feeling for those on an ascension path, as this is the way awakening, awareness and expansion works.

From Fear to Love

Ascension is the change in frequency from fear, to love. This is the truest, original, alchemy.

In order to ascend from fear to love, we need to face and integrate fears and low frequencies stored within our fields.

What I refer to as the “human shadow²², shadow side, shadow trauma” or “shadow” is the equivalent to Eckhart Tolle’s famous “pain-body²³”. Tolle defines a pain-body as “the human tendency to perpetuate old emotion” which is accumulated in their “energy field”.

Our shadow side is stored within our unconscious and is also known as accumulated negative karma. This is the energetic residue from the traumatic experiences we have suppressed and buried across the past lifetimes (on average 2-300 Earth lifetimes) our soul matrix chose to incarnate with.

Our unintegrated and unconscious shadow trauma blocks us from remembering our true spiritual selves, and is the underlying cause of all physical, mental, emotional, and spiritual health issues that we experience in our lives.

When left untreated, it festers like a septic wound, with physical disease created as the material mirrored match in line with the law of karma and attraction.

²² In 2022 I will publish a book expanding on this topic to a new level of, in the meantime, please see section 2 of this material for more information.

²³ Eckhart Tolle’s describes the “pain-body” as an accumulation of painful life experiences that were not fully faced and accepted in the moment they arose. It leaves behind an energy form of emotional pain which is an energy entity consisting of old emotion. Every emotional pain that you experience leaves behind a residue of pain that lives on in you. It merges with the pain from the past, which was already there, and becomes energetically lodged in your mind and body.

When looked at with care, love, and grace, it heals and transforms. This transformation is the essence of our journey of divine remembering on Earth.

Every time a person ascends, it is a unique expression of returning home from the experience of separation. The process is different each time, depending on the unique soul configuration of the being in question.

The exquisiteness and beauty of our divine expression as we return to Source is astoundingly wondrous for all the trillions upon trillions of spiritual beings that watch us, “popcorn in hand” from the VIP seats!

Our reunification with Source through the ascension process is considered one of the most exquisite energies beholden in the entirety of the universe. Making the choice for ascension in this lifetime certainly feels like a no-brainer to me!

Modern Sacred Texts

There is a selection of books we refer to as the Modern Sacred Texts²⁴²⁵, which are accurate channellings from positively polarised, service-to-self, higher dimensional, non-physical beings, with the intention of assisting the global ascension process.

One great area of informational contribution is in bridging the current knowledge gap between science and spirituality.

They do so by channelling the ultimate truth about the nature of our reality using terminology and theory from biology, chemistry, physics, and mathematics, especially giving very technical, detailed and fractalized explanations of multidimensionality.

This communication style suits the scientifically thinking, modern human mind much more than the

²⁴ For more information on the modern sacred texts, please see this article - <https://lovelight.community/modern-sacred-texts/>

²⁵ For our list of the modern sacred texts, please refer to our divine reading list - <https://lovelight.community/divine-reading-list/>

metaphor, story and symbolism used by traditional spiritual teachers.

Most of the texts have been channelled and written since 2017 and have not yet reached a mainstream or scientific audience. When they eventually do, the potential explosion in truth realisation for the collective consciousness of humanity is absolutely mammoth.

Joy is the New Teacher

Civilisation has changed immensely since the era Ayahuasca traditions were established. The frequency of the planetary consciousness was much lower during these descending times.

The change of humans' predominant spiritual catalyst from being pain, to that of joy, is one of the greatest, practical, and overarching themes of this ascension era.

Pain was the past professor; joy is the new teacher.

It is not that joy is new, but that we are only awakening to it now, for our evolution has taken us to the stage where we can feel the true essence of our soul. In the ages gone by, the leading reason people chose the spiritual path was to move away from painful experiences. The archetype of pain as the past teacher of humanity, is Jesus Christ's sacrificial crucifixion.

As the spiritual being Omni in the Four Principles of Creation, written by John Payne, eloquently explains:

‘The experience of pain and suffering has caused you to yearn for that which is higher, for that which is in alignment with the true nature of your being. Although pain and suffering are not your natural states, they have served you inasmuch that they have catapulted humanity forward into a clearer definition of where it wants to go. This is evident when we look at the two major wars that were created and experienced by their culture in the 20th century. These wars have propelled you forward and ushered in many fundamental changes.

Today, you are much more concerned than ever before about freedom of choice, freedom from rules, and freedom for individuals to choose their lifestyles. This heralds the opportunity for the soul to become increasingly present, for the personality is freer to choose lifestyle, so the individual has more opportunity to experience essence. The more essence a personality experiences, the more it will be drawn to express essence. As this happens, the soul becomes increasingly the captain of the ship, and peace and harmony ensue.’

Choosing joy or pain as a catalyst for spiritual growth is akin to choosing the proverbial carrot or the stick: incentivisation through pleasure or pain. Pain works as a teacher in that it provides contrast: opposites serve to awaken us to who we truly are. Through one’s experience of pain, one is more likely to actively pursue love, light and truth.

Joy is a much more direct teacher. As learning from pain involves lower frequency experiences, this can accrue

additional negative karma through creating new trauma,²⁶ resulting in a slower, more indirect process - two steps forward, one step back.

However, when a soul chooses the path of self-love and enlightenment by following their hearts and joy, the path is not only more direct, but also more enjoyable!

Joy is the new teacher is the direct mirrored energetic match to the higher ascension frequencies of our current timeline. These frequencies are supporting the current global shift in consciousness, and in the future will allow an even greater mass spiritual awakening, not possible during the lower frequencies when pain was the preferred professor.

This mass awakening and ascension of humanity will happen when souls follow their heart by doing what brings them their uttermost joy and expressing themselves as uniquely, authentically, and individually as possible: full embodiment of their True-Sovereign-Selves.

Paradoxically, realisation of unity consciousness involves the maximum celebration and expression of our differences, whilst simultaneously holding the Knowing that we are One.

How can we follow our hearts, do what makes them sing and experience bliss?

²⁶ See section Dosage & Karma in part 2.

We do this by remembering the truth of who we are and why we are here: our divine selves and our divine purpose. This is what is meant by, ‘The Path of Divine Remembering’.

The more closely we align ourselves with our pre-incarnate blueprint of reality²⁷, the more we follow our hearts and live in bliss. This happens because we are doing what we set out to do, our lives and life choices are in perfect alignment with our unique genetic and energetic soul configuration, we are “completing our mission”, and winning the gold medal in the “game of life”.

What is the most effective method we have found of remembering who we are and why we are here?

²⁷ See section Destiny, Rebirth & Epiphany in part 2.

Part 2: Ayahuasca

How Ayahuasca Works

Ayahuasca allows us to see, know, and balance the hidden, forgotten aspects of ourselves. It works as a mirror and amplifier, reflectively showing us who we really are, via a strong, undeniable, spiritually connective experience.

Drinking ayahuasca gives us a first-hand experience of being a spiritually evolved version of ourselves. This includes use of many of our multidimensional/psychic senses, skills, and abilities including telepathy, clairaudience, clairsentience, and clairvoyance.

These plant spirits are purification catalysts, flushing accumulated toxins, old traumas, and stored thoughts from the physical, emotional, and mental bodies.

They are major triggers into initiating the shadow-side integration process, where our repressed trauma is alchemised into “metaphysically-molecular” love and light frequencies, as we evolve into our light-being selves.

Dimethyltryptamine: DMT

It is scientifically accepted that synthesis of the psychoactive plant compound dimethyltryptamine or DMT is that which causes the “spiritual-encounters” or “out-of-body visionary states” experienced when drinking ayahuasca, though very little is understood about the involvement of DMT in human evolution.

Human DMT, also known also as ormus, inner gold, ambrosia, and kundalini phire, is a very complex matter substance which holds the potential to become antimatter.

It is produced in the pineal gland of the brain - the third eye chakra energy centre - and has an almost identical molecular structure to the plant DMT in ayahuasca.

When we dream or visualise, our pineal gland third eye projects a real visual landscape into the antimatter/dreamspace/non-physical dimensions. Accordingly, it is usual for part of the ayahuasca experience to feel like lucid, awake dreaming.

As we synthesise the plant DMT, the veil of separation lifts between the physical, matter, and non-physical, anti-matter, realms of reality: we remember and experience our true nature as multidimensional beings.

Evolved Self

During the ascension process, our pineal gland grows from the size of a pea to that of a walnut. As it does so, it produces a greater volume of endogenous DMT, a fundamental and intrinsic compound to the lightbody transformation process.

Our shadow side, when unintegrated, stagnant, and buried, prevents DMT production. As we integrate our shadow, we embody more light through the inner alchemical process of transmuting low frequency, light-inactivated trauma into high frequency, light-activated, balanced codex.

We literally become lighter, molecularly holding a greater mass, brightness, brilliance, and volume of light, which in turn increases the volume of DMT produced in the pineal gland.

When we drink ayahuasca, we are able to experience being a more spiritually evolved version of ourselves, as we essentially “borrow” the structurally near-identical plant DMT in place of our own.

Dormant Memory

Synthesis of the plant DMT temporarily activates sections of our quantum DNA, bringing our dormant, forgotten memories, back on-line. This remembering of our divine selves is perhaps the most powerful and impactful effect of ayahuasca. It helps us remember who we are and why we are here.

The process will be unique to everyone, though will certainly occur in stages across multiple ceremonies. Considering that we are vast multidimensional beings, there are many aspects of self to remember and re-integrate.

As mentioned previously in the DNA section, this memory or knowing can be full awareness of one's previous or future incarnations, quantum or alternate selves, star lineages, as well as ancestral memories and genetic markers.

This memory can also be a feeling of belonging within a particular community, group, or to humanity itself, often including a deep sense of purpose and mission.

95% Unused Brain Capacity

There is substance behind the well-known supposition, that humans use only 5% of their brain power capacity. During the spiritual evolution process, many brain chemistry changes take place, including the production of new synapses along with many other processes, some of which are similar to those which biologists know as neuroplasticity. In addition to the pineal gland, the pituitary gland (known as the fourth eye) also grows from the size of a pea to that of a walnut.

The pineal gland's function develops further as it grows as part of the ascension process. It activates its "higher-self" as a "spiritual-antenna" which can pick up multidimensional frequencies. This then leads to the onset of abilities including telepathy, clairvoyance, clairaudience, clairsentience, and channelling.

DMT is an essential component in the functioning of these evolved pineal gland abilities. Electrical conductivity through DMT and plasma crystals within the pineal gland activate the antenna function, and the resulting "psychic" senses and skills.

Born mediums or psychics produce naturally higher volumes of DMT than average, though all humans hold the codex for potential lightbody expansion, increased DMT production and thus the activation of these multidimensional gifts.

These abilities allow one clear communication and interaction with the spiritual, non-physical, anti-matter dimensions of reality, and the subsequent entities and energies which reside there.

During ayahuasca ceremony, it is very common to hear accounts of participants communicating, through feeling and thinking, with self-conscious, spiritual beings. This section gives a high-level explanation of this process.

In addition to supplying us with a temporary, external source of DMT, plant spirits are triggers into activation of the pineal gland to produce more internal DMT, though only up to a point.

Once an individual has naturally reached creation of a certain level on their own, taking endogenous DMT will result in them having too much, therefore not functioning optimally. As such, one would naturally lose energetic resonance with plant spirit assistance at this stage of their spiritual process.

All of these brain changes are part of the activation of the previously dormant 95% brain power potential. When drinking ayahuasca, we temporarily experience part of this process.

DMT also increases our energetic sensitivity and awareness, allowing us to identify energetic distortions in our fields. These may take the form of emotional blockages - shadow trauma - and illusory, fixed, outdated, and/or unconscious beliefs.

Integration

Updating Belief Systems

An essential part of one's spiritual growth is the updating of our belief systems, which I also refer to as the mental deconditioning and enlightening process.

One cannot expand their consciousness with a completely closed belief system. As the Zen Master Ryutan puts it:

"You are like this cup; you are full of ideas. You come and ask for teaching, but your cup is full; I can't put anything in. Before I can teach you, you'll have to empty your cup."

Opening one's belief systems, humbling ourselves to accept that we "do-no-know-what-we-do-not-know", and that new learning will expand on and supersede our

existing beliefs²⁸, is indispensable to self-conscious expansion.

This is the process of developing multidimensional and non-linear thinking²⁹: that of holding different dimensional perspectives simultaneously, with each dimension governed by distinct universal laws.

One cannot discover the mystery via beliefs as one can only believe what they already think they “know”. Therefore, the true course to this mental, and all, body expansion is through faith, trust, an open mind, and an open heart.

The nature of all is infinite³⁰, hence nothing one could imagine can capture the enormity and glory of existential reality. “All-Truth” is beyond human imagination, though we can access exponentially more of it through the ascension process during our incarnational experience.

²⁸ An interesting etymological point is that the word belief includes the word lie within it.

²⁹ The channelled works of Magenta Pixie and The Nine are the best written sources available for explaining and training this process.

³⁰ There are finite laws which govern our reality, although they are much broader and more flexible than we realise (leading us to manifestations of matter and “miracles” such as teleportation, telekinesis etc – a topic for a later work). An example is that one’s individualised soul matrix of energetic bodies requires a certain level of density to remain grounded in the 3rd, 4th or even 5th dimension. At a certain point of molecular “lightness” we would ascend past the point of being able to continue in an Earthly incarnational experience. The same applies to the level of multidimensional understanding one can hold in our dimensions. Yes, we can activate the untapped 95% of our brain power, however, there remains the aspect of the infinite beyond that!

Through faith, trust, openness, discovery, adventure, and exploration, we can have new direct experiences, insights, realisations, and epiphanies, which allow us to remember higher dimensional truths about ourselves and reality. This is indeed the process of conscious expansion, especially the expansion of multidimensional, non-linear thinking and awareness. Drinking ayahuasca is one of the most effective methods to expand in this way.

Whilst belief itself is a very profound part of spiritual awakening, this belief must be “grounded in reality in order for the codex created by the belief to hold any mass within the physical human body system”³¹.

The process of upgrading our ungrounded beliefs into knowing higher dimensional truth takes place through the process of integration³². It is similar to updating a computer with new software, the previous data needs to be replaced with the newly downloaded information.

When a person has a direct experience of a higher truth - such as through a deep realisation, profound insight, epiphany or remembering³³ – which supersedes a held belief, the held belief will energetically dissipate as it no longer serves the individual.

31 Magenta Pixie and The Nine. The Infinite Helix and the Emerald Flame: Sacred Mysteries of Stargate Ascension (p. 145).

32 When I dry fasted for one month, my physical body would have “died” if I had not previously updated and integrated my belief system that humans do not require food or liquids once they reach a certain light quotient, or frequency, at which they can cellularly metabolize enough light for energy to sustain the physical body.

33 All very common when working with ayahuasca and other plant spirits.

It is replaced by new thoughts and concepts which combine together to create a neural network or system of codices. This new belief structure forms a paradigm, which eventually lets go of the “new belief” entirely as the individual moves into “knowing” the higher dimensional truth that they experienced.

This is the difference between “holding an unintegrated belief” and “embodying knowing”. In the former case, the concept is transient and dissipates, in the latter, it is grounded in reality through the integration process.

This is all part of the expansion of mind and thought through multidimensional and non-linear thinking. Drinking ayahuasca enables us to move through this process at a vastly accelerated rate.

Shadow Trauma

Through increased energetic sensitivity and the activation of dormant quantum DNA and memory, plant DMT can result in remembering our shadow side and initiating its integration process. As this process is a fundamental component to all spiritual growth, the process should be celebrated joyously on one’s ascension journey.

As touched upon in the “From Fear to Love” section, shadow traumas are those traumatic experiences which our conscious minds have repressed, suppressed, and

buried into our unconscious, both from this life and past ones.

This occurs as we do not have the capacity to process the intensity of the suffering in the moment, for example as a child, or during any especially stressful ordeal.

Our human mind/body/spirit systems function optimally in a state of energetic flow, which requires real-time processing of our life experiences including emotions.

When painful emotions are buried as avoidance defence mechanism, they remain within our energetic fields (soul matrix) as light inactivated, stagnant, lower frequency, distorted, unbalanced, asymmetrical and fragmented (as opposed to light activated, flowing, higher frequency, pure, balanced, symmetrical, and unified) geometry and codex.

Out of fear, we have chosen to forget and reject these emotions (which are individually self-conscious aspects of ourselves) rather than show them self-love.

The path of spiritual evolution, ascension and enlightenment is also the path of self-love. As such, it is necessary to remember these experiences and heal ourselves using the process of emotional integration to move forward on our spiritual, and life, path.

This process³⁴ involves acknowledging/remembering the emotion, giving gratitude for the emotion's sacrifice and help as a learning and transformation tool, analysing the experience and giving unconditional love to the emotional energy as a true act of self-love. This process moves us from being fragmented versions of self, into re-integrated, whole, unified versions of self. This inner alchemy is the true alchemy of lead into gold: the transmutation of fear into love.

Trauma-Traps

As outlined within the front matter of this text, the mistaken identification of our shadow side as external “demons” or “vampiric beings” in almost all spiritual traditions is one of the most pertinent, self-limiting, false beliefs, holding back the conscious expansion of humanity. This confusion predicates absolution of responsibility and self-hate –the antithesis of the ultimate truth, that we are all-powerful, divine, self-loving beings.

All so-called “demons” or “vampiric entities” that we experience are, in fact, aspects of our own unconscious, they are our repressed shadow side.

Understanding this experientially is a paramount prerequisite to spiritual evolution. Rejecting these aspects

³⁴ The “Emotional Integration” chapters in “Masters of the Matrix” by Magenta Pixie and The Nine, explain how this process works. Conscious integration and understanding of this process greatly enhances one's effective evolution forward on their spiritual path.

keeps them unprocessed in our fields, loving them transforms them into light and catapults us forward on our spiritual paths.

This aligns with one of the central tenets of spirituality: to take responsibility for everything that happens in your life, because on a higher spiritual level, you chose and created it. Every, single, experience, bar none. There is no coincidence in existence and no absolution of responsibility in spiritual growth and truth realisation. This must be the case if we are indeed divinity incarnate as many spiritual lineages rightly claim.

Our self-conscious, individualised trauma chooses when to reveal itself to us in conjunction with our higher self, for our highest and best good on all levels.

It may use archetypal presentations of fear-based emotions such as “gremlins”, “demons” and “vampiric beings” which can confuse us into believing this energy is external to us.

This confusion and fear lead to us reject or deny this energy, which only exacerbates the origin of the shadow trauma: suppression, rejection, fear, and disgust.

It is how we act upon, respond to, and interact with our “Emotional Entities” that determines the codes we input into to our matrix fields – fear or love? - and thus the frequency matching energy we then attract into our reality through the magnetic process of creation.

When we understand that these energies are self-isolated parts of ourselves that need love, acceptance,

gratitude, and compassion to be unified and integrated into lighter frequencies, we can move through the spiritual evolution process much more directly and smoothly.

Another trauma-trap is confusing between remembering with integrating.

Remembering is the start of the integration process, and it is possible to get stuck at this stage. This would take the form of “wallowing” in past life stories and trauma. This only serves to delay the process.

Detailed information from past lives is not needed to integrate past life trauma. Remembering trauma and remembering all the details from a life are different. Trauma is predominantly memory stored as emotion, more than that stored as thought patterns, though it is a mixture of both.

When incorporated within this new approach framework, ayahuasca is one of the most direct ways to integrate trauma and avoid wallowing in past life thought patterns.

Deep Shadow Work

By its very nature, shadow work can be challenging. When experienced within or outside of plant spirit ceremony, it involves feeling the original low frequency suppressed emotions, such as fear, sadness, or pain.

Understandably, humans prefer to avoid these experiences, though this initiates the processes of repression, suppression, denial, and replacement which ensures the trauma stays buried within our fields.

This “stored negative karma” then unconsciously works through the individual by attracting like energy into their experience of life through the universal law of magnetic attraction,³⁵ until they learn the lesson and heal the wound.

During the hardest moments of these resurfacing emotions, which can be especially intense with plant spirits, we tend to resist the low frequency emotions by wanting it to be over as quickly as possible.

³⁵ Also known as the law of cause and effect, karma, and magnetic polarity – more on this in my next book.

Paradoxically, “what we resist, persists” so this prolongs the experience. One must focus and apply the opposite: surrender.

The key is to accept whatever we experience as aspects of ourselves, and allow them out of self-love, rather than reject them out of confusion and fear. Once we accept this is an aspect of ourselves that we have rejected, isolated and forgotten out of fear, we need to communicate with it lovingly.

In combination with surrender, the most effective, instant remedy is to allow and embrace this energetic aspect of oneself, whilst consciously and repeatedly, choosing, thinking, saying, and communicating gratitude, compassion, and love, in all ways possible.

To consider how to feel compassion, put yourself in the shoes of the energetic entity. We buried the energy during a traumatic experience, usually many lifetimes ago. We isolated and rejected this self-conscious frequency, to the point it also forgot the truth that it is pure love and light.

Imagine being that energetic entity? It looks like a literal nightmare right, so let us have some compassion!

During my shadow work I would apologise to this energy, with deeply honest compassion, knowing the sacrifice that it endured for my “life lesson” and learning. Then I would rejoice at telling the energy we love it, that it is pure love, and that we will unify forever, as part of the true re-integration that is remembering and unifying all the fragmented aspects of ourselves. It

really helps to celebrate this process as much as possible, choosing to experience this joy exemplifies true gratitude – and we come back to joy is the new teacher!

When you genuinely feel these high frequency emotional compassion codes, you project them into your energetic matrix fields and they activate the emotional inner alchemical process, transmuting fear into love. Not only the emotion, but the entire experience is totally transformed.

Additional techniques that help during deep shadow work include focussing intentionally, visually, and internally on one's heart during this process, including touching your heart with your hands.

A meditative focus on one's breathing, consciously following all parts of the inbreath and outbreath closely and continuously, is one of the most effective methods of centring and calming. This is essential in ceremony moments of high energetic volume and needs to be practised with a strong conscious focus on surrender. Any resistance will magnify the experience of the low-frequency emotions.

Energetically anchoring³⁶ oneself to the highest love and light frequencies possible through an intention setting method³⁷, can make a colossal difference to the ceremony experience. This avoids one getting “lost” in a sea of low frequency, ensuring more clarity, stabilisation, and security. Combining this with mantras

36 Please see the High & Low Frequency section below.

37 We explain this method in the “Sacred Ceremony Intentions” section below.

such as, “I am love, I am light, I am pure, I love all aspects of myself” also really helps.

From our experience, using these techniques in combination is the most effective way to keep one’s frequency high, and thus the experience more loving and lighter, during the hardest moments of shadow work.

Ayahuasca is one of the most effective methods on the planet for remembering the fragmented aspects of ourselves, for shining light on our shadow side and initiating the paramount process of trauma integration.

Dosage & Karma

A widespread misbelief in ayahuasca tradition is that “bigger-is-better” when it comes to dosage. In my experience, it is commonly held that larger doses of ayahuasca, result in deeper, more connected, and overall “better” experiences.

Paradoxically, the reverse is true: “less-is-more”.

Stories about the “warriors cup” imply that Amazonian tribesmen, along with experienced shamans, can drink many more cups of ayahuasca than most.

The surprisingly misunderstood fact about ayahuasca, is that, like most other substances, we can overdose.

Our mind/body/spirit systems function most effectively with an optimum amount of DMT. Up to this point, the experience will hold positive karma (akin to an increase in matrix lightness and frequency) as past life remembering initiates the positive process of emotional integration.

One’s optimal dosage - and overdosage - threshold becomes lower the further along in one’s lightbody

development, as their pineal gland produces more endogenous DMT.

When a person ingests more than their optimum amount of DMT³⁸ the substance can begin to work adversely, and negative karma can accrue. One's "fear-based anxiety pathways are triggered"³⁹ moving one from clarity to confusion, creating new trauma for the individual. Experiences such as this contribute to ayahuasca's strong association with fear and confusion within the collective consciousness.

When suboptimal dosing - combined with misunderstandings about how ayahuasca, our shadow trauma and our spiritual path interconnectedly function - accrue negative karma and new trauma, it often scares people from drinking ayahuasca ever again⁴⁰, and sometimes from focusing on their spiritual path altogether. This is why it is common for people to only "experiment" drinking ayahuasca a small number of times, when they could benefit greatly from more.

Negative karma and new trauma can still propel an individual forward on their spiritual path: indeed, this has been the standard method for millennia, the proverbial stick, not the carrot, pain as the professor, rather than joy.

38 This point being that which is no longer a vibrational match between the individual and the ayahuasca.

39 Lessons from a Living Lemuria, written by Magenta Pixie channelling The Nine, Opening Portals and Inner Gold chapter.

40 I stopped drinking ayahuasca for 2.5 years, in the midst of my spiritual pursuit, due to the new trauma of a fearful experience.

However, now is the age for a greater level of granularity and accuracy in our understanding and teaching of spiritual truth.

Supported by the high frequencies of our unique time, this allows us to traverse the tightrope of ascension and enlightenment with more finesse and grace than ever before.

Destiny, Rebirth & Epiphany

Human beings experience free will in this reality, the sovereign freedom to choose as they desire. Yet before incarnation, the individualised soul matrix chooses the lessons it wants to learn and the type of expansion it wants to experience for the specific lifetime.

As part of this process, it creates an optimal life path called a pre-incarnate blueprint, web, or map of reality. This is somewhat like an intricately complex, energetic, geometric, decision-making tree.

Part of the “game of life” is to align ourselves with this destined path. This is the human being’s “search” for meaning and purpose, as this life map holds the intention we had for our life before incarnation.

In these ascending times, souls’ optimal life map will hold the potential for accelerated spiritual evolution, that being, the embodiment of ever increasing divine love, light and truth. As such, this blueprint of reality could also be considered, our “dream” or “fairy-tale” life.

When walking the blueprint of incarnation there are many possibilities we may choose, many fields we may explore and many courses of action we may take, as we make our life choices within each incarnation.

Node points⁴¹ are the convergence points where all timelines within one's blueprint converge together, therefore they are the points one experiences in all timelines.

One could see these as “points of graduation” for the soul, for each time we reach a node point, all information accumulated within our incarnation at that point is evaluated, sorted, analysed, and stored, on a higher-dimensional, non-physical level, outside of linear time. This could be likened to a save-point within a computer game. The moment of analysis, sorting and re-experiencing is instantaneous, as simultaneous time - the eternal now moment - is experienced in the anti-matter dimensions.

These node points, whilst being major synchronicity or “meaningful coincidences” are also known as “destiny”, “fate” or “serendipity”. When one reaches a node point in their life, they have the feeling that “all is as it should be” or “all is meant to be”. It will feel right. It will feel in alignment. If one is on a conscious spiritual path to awakening, enlightenment and ascension, one will feel that sense of “absolute decision” about this point in their life.

⁴¹ Magenta Pixie and The Nine. Masters of the Matrix: Becoming the Architect of Your Reality and Activating the Original Human Template (p. 33).

The reasons the node points are made, are for us to move into situations and energies within our incarnation that will assist us in our highest expansion at that point.

Ayahuasca ceremonies are major events of awakening, opening portals of light into higher realms of consciousness, and every ceremony or ayahuasca drinking experience is a node point.

These very significant, pre-planned turning points in our lives, can feel like a rebirth, epiphany, or shift in consciousness. As such working with the plant spirits in ayahuasca can assist us by:

- 1) Guiding us towards our destined life path, helping us realise and fulfil our pre-incarnate intentions, that which gives us purpose and meaning.

- 2) Accelerating our spiritual transformation into our future selves through experiencing shifts of consciousness and rebirths.

- 3) Giving us realisations and remembering's of ultimate wisdom and multidimensional truth about the nature of ourselves and reality, through direct insight, revelation, and epiphany.

People often explain the draw of plant spirits as a 'calling'. This is the synchronicity of our universal energy pulling and guiding us towards our pre-incarnate blueprint of reality, that being those experiences which are aligned with our highest and best timeline, our life of destiny.

Purification & Detoxification

Purification and detoxification are associated with ayahuasca through the traditional “dieta”, a strict plant-based food preparation diet, and the infamous “purge” known mainly as vomiting or diarrhoea, though can include any physical energetic release such as sweating or shivering.

This is part of the overall evolution process from physical body to lightbody, as energetic density is released and/or transmuted throughout our physical, emotional, mental, and spiritual bodies.

Purity refers to balanced, symmetrical, light-activated, versus unbalanced, asymmetrical, light-inactivated, geometry and codex.

When we raise our overall frequency through the ingestion of plant DMT, the lowest frequency aspects of ourselves surface first for release and/or transmutation.

Like a rising hot air balloon still tied to the ground, we need to undo the ropes - release or transmute the densest frequencies - before we can ascend higher.

As matter is denser than antimatter, our most dense frequencies are physical matter based, the heaviest being man-made chemicals, pharmaceuticals, and toxins.

These dense substances are energetic blockages in our physical and energetic body/mind/spirit system, restricting the flow of higher frequency energy through our fields.

This inhibits the level of DNA activation, multidimensional remembering and psychic abilities one will experience in ceremony. The journey will still usually be very spiritual, though there will be further layers to divine remembering, energetic activations, and future-self experiences, once the physical body has detoxified further.

As well as these accumulated toxins, old traumas and outdated beliefs are also stored in the physical body (as well as the emotional and mental bodies) causing sickness and disease.

This is also part of our shadow side, with the “root cause” or “seed point origin” of our ailments always being a complex convergence of higher dimensional “subtle energies”. The origin of every physical ailment is therefore energetic/spiritual and will include a mixed convergence of energies from trauma experienced across all previous Earth incarnations.

The physical purification process works in tandem with the emotional integration and the mental deconditioning

and enlightening⁴² processes to release and transmute dense lower frequency.

The “dieta” and the “purge” are physical methods of “navigating frequency⁴³”, releasing heavy physical density from our fields as part of our lightbody evolution process.

The process of physical, emotional, and mental purification is also the process of healing. The most effective path to physical purity is fasting. In fact, the purer the fast, the faster the path to purity⁴⁴.

⁴² The mental deconditioning and enlightening process includes replacing transient or outdated beliefs that no longer serve the individual for higher dimensional truths and wisdom which are integrated into divine knowing.

⁴³ Navigating frequency is an expression for transmuting low frequency energetic codex, such as trauma, false beliefs or physical disease, into higher frequency and codex.

⁴⁴ See the Leão Cristo section for more information about my one month dry, pure, fast.

Part 3: Sacred Ceremony

High & Low Frequency

There are a variety of practises in traditional ayahuasca ceremony which focus on triggering fear responses to activate the shadow side, considered as a necessary precursor for healing and growth. Three examples include:

- Environment: using low frequency sounds to increase the intensity and using masks to trigger fear.
- Intention setting: focussing directly on experiencing low frequencies, such as trauma integration.
- Ceremony timing: holding ceremonies at night rather than during daylight.

The roots of ayahuasca tradition were established during the era when pain was the predominant spiritual teacher, thus some of the practises still reflect this precedent.

Whilst it is true that integrating one's shadow side is a necessity of spiritual growth, there are different ways to approach it.

For those souls choosing spiritual growth, ascension, and enlightenment in this lifetime, they will choose to integrate more of their shadow and ego in this incarnation than in all their past lives combined. The soul has been avoiding looking at their trauma for hundreds of lifetimes, until now. Why is this?

Although all the current frequencies make this process smoother than ever before, it is still very challenging. As such, any possible way the process can be made easier and more loving is an enormous win for everyone!

As all souls are connected energetically as part of a consciousness grid or matrix, when one soul grows spiritually, this activates and accelerates the awakening of everyone else in a resonating collective consciousness magnifier effect. This is how millions, and billions, of souls will awaken “en masse”.

The principle point that these practises miss, is that focusing on low frequencies, or creating a low frequency environment, is not necessary to activate our shadow: it will also reveal itself, we focus on high frequency.

When one focuses all consciousness on experiencing the higher frequencies of love and light, our own frequency rises through the law of magnetic attraction. When our own frequency rises, all lower frequencies in our fields - toxins, traumas, false limiting beliefs - surface for release or transmutation.

The decisive difference being, when we focus upward on love and light, we will be energetically anchored and supported by a high frequency environment, as opposed

to a low frequency one. This difference is absolutely gargantuan⁴⁵: it can be the difference between experiencing heaven and hell.

This energetic anchoring is different to grounding. Traditionally, we look for stabilisation below us, from the Earth, be it from the anchor at the bottom of the sea or bare foot grounding on the land.

However, when we open portals of light into the higher realms of consciousness through ayahuasca, our vibration rises so much, that we become enormously sensitive to energetic frequency.

Although the energies of the Earth can also help with navigating low frequency through grounding techniques, it is not optimal to energetically anchor oneself to the Earth during ayahuasca ceremony. The Earth is matter-based and is hence a much lower frequency compared to the higher anti-matter dimensions one accesses through ingesting plant DMT.

During the most difficult moments of ceremony, when the low frequency aspects of one's shadow side reveal themselves, if one is also:

- In a low frequency environment: smoke, music, dark talismans like fear-inducing masks, night-time.
- Focussing on their low frequency shadow with their intentions.

⁴⁵ A huge well done and thank you to the trailblazer Dominik Grueneberg for realising how this works and teaching me!

- Anchoring through Earth focussed grounding - denser, lower frequencies - or not stabilising at all.

Considering every aspect of our experience is amplified on ayahuasca, this will have the cumulative energetic effect of being swamped in low frequency which can be hugely destabilising.

One can easily lose grasp of reality, forgetting themselves and their environment in a sea of intensifying negative emotions. This can create additional karma and trauma.

However, if one juxtaposes these low frequency approaches with high frequency alternatives, the experience will positively transform.

Sacred Ceremony Intentions

How do we energetically anchor into the highest frequency dimensions possible?

As sacred incarnate beings who create all of their reality, we do it with our divine will: our intention.

“Intention is Everything” was a beloved mantra of my most influential spiritual guide, Dominik Grueneberg, and he was right.

Thought is the seed point and birthplace of all of creation. Intention and thought are simultaneous: one does not exist without the other.

When physically incarnated structures, such as humans on Earth:

1. Intentionally project consciousness thought-forms.
2. These thought-forms combine with the resonance field created by an emotion of matching frequency.
3. There is enough focus, charge, and momentum.

This will birth an energetically mirror-matched creation within the anti-matter realities, before eventually gaining mass⁴⁶ and densifying into the physical third dimension.

As the true “original sin” or “first trauma” is that of us forgetting our higher selves as divine creators, we are deeply conditioned that we do not create all of our reality, and we thus grossly misunderstand our true creative potential. All creation begins with intention.

“Sacred ceremony or ritual is packed with an abundance of activation codes, keycodes and patterns much like our transmissions. The codes contained within the sacred ceremony or ritual will create a complex convergence, all focusing on the intention of the ceremony itself. This gathers quantum force/convergence/momentum and creates a 'trajectory of intention'. Whatever intentions are chosen, the abundance of frequency codes within the overall complex convergence that is the ceremony will be focusing upon the intention with a 'light speed trajectory'. This is simply a way of utilising tools and combining them with focused intention to create a 'living consciousness grid' or matrix that is the sacred ceremony or ritual itself. The complex convergence often presents as sacred geometric structure (living adept masters of light or ascended beings), these externalise from the ceremony itself, take the place of capstone and become 'divine guidance.’”⁴⁷

⁴⁶ Weight, focus and substance.

⁴⁷ Magenta Pixie and The Nine. *The Infinite Helix and the Emerald Flame: Sacred Mysteries of Stargate Ascension* (p. 155).

gives a sense of the immense power of the process, and ‘Us’ as creators.

This explanation of intention setting within sacred ceremony illustrates how focused intention creates a “complex convergence” of frequencies, forming a “trajectory of intention”, which when combined within a sacred ceremony setting, can manifest “divine guidance” in response to the original intention.

Considering this, we have developed an intention setting method based on modern multidimensional teachings, to maximises energetic stability, clarity, and high frequency vibrations during ayahuasca ceremony.

Intention Setting Method

The method includes a two-part, hand-written intention, which we call a “Divine Declaration in Love and Light”.

For participants in our ceremonies, we give a worded suggestion for part one, which we advise to be intuitively amended if desired. This consists of wording specifically focussing on the energetic anchoring of one’s fields to the highest dimensional frequencies of love and light possible, that is, connecting to the highest vibratory aspects of ourselves and our higher guidance systems, for stabilisation, security, and clarity.

For part two we suggest the participant writes down the intention most aligned with their heart's desire. If they are unsure on specifics, one great option is to write that they fully trust that their higher self's plan for the ceremony will be in their highest and best good, and in alignment with their divine blueprint and soul purpose.

When writing their intention, we would highlight the enormous creational power of words. Using positive, light, and loving language wherever possible helps anchor the intention in the highest frequency bandwidth possible.

For example, if one wanted to heal their “deepest darkest trauma”, it would be more fruitful to focus on “remembering, realising and embodying” their “highest, truest, lightest, most loving self”, rather than using the former wording.

For both of these intentions to manifest, the shadow trauma will need to be integrated, though in the latter approach, one creates a much more stable, lighter, and more loving environment for themselves, through the principal of anchoring in higher frequency.

As intention is everything, everything is also intention. This relates to the saying, “how one does anything, is how one does everything”, meaning “to adopt excellent standards”.

In accordance with this, we recommend the intentions are written out, read, and spoken out-loud before the ceremony, as well as directly before and after drinking the ayahuasca.

Visualising various multi-coloured energetic streams, beams and cords connecting all aspects of you to these higher frequency bandwidths and spiritual aspects of yourself in dazzling sacred geometric patterns and spirals, with the help of your guidance team⁴⁸, is a very effective way to harness additional creative power.

Through this visualisation aspect of the process, one is creating real, light-sight, antimatter streamed cords connecting to upper vibrational dimensional octaves, in the same way as the creational process explains in the previous section.

The final ingredient which acts an energetic multiplier, is trust. Despite what beliefs or disbeliefs your egoic mind is telling you, try tapping into your heart-centred intuitive “knowing”, and never stop trusting that this process really works – it does! – and that everything is happening in the right way.

⁴⁸ Your higher guidance team includes various non-physical, spirit, love,60 and light beings such as your higher self, spirit guides, angels, and also shadow aspects, for they are as much guides and teachers as the light aspects.

Setting & Environment

There are many aspects to the classical ayahuasca environment which contribute to a lower frequency experience. Holding the ceremonies at night, fear-inducing masks, addictive supplementary substances, using triggering sounds and various smokes all contribute to a lower frequency environment than necessary.

These customs are considered untouchable by many in the ayahuasca community considering their ancient roots. It is not understood that these practises stem from an era where pain was the primary professor for spiritual growth, and although they do work, it is only up to a point.

They served their purpose for their time, though in light of the modern multidimensional teachings, it is clear that they are suboptimal for the spiritual evolution destined for, and in alignment with, these high frequency times of ascension.

The low frequency environment creates “spiritual growth limits” which prevent participants integrating greater levels of their shadow and thus raising their frequency higher.

The low frequency environment is a direct cause and effect reflection of the ceremony participants’ unprocessed shadow. It is the physical manifestation of their shadows consciously working through them, creating the low frequency environment in physicality through the law of karma and magnetic attraction. The shadows both choose and create this environment, which is the mirrored match to their frequency. The personality self is not conscious of this process.

In alignment with the souls’ pre-incarnate blueprints of reality for their particular lifetimes, the majority of the shadow aspects also choose to not reveal themselves in the incarnation. Furthermore, these blueprints are in alignment with, and a creational energetic mirrored match of, the frequencies of the energetic era in question.

This is why there were relatively few enlightened spiritual masters during the previous low frequency times of descension (the most famous being Christ, Buddha, and Krishna). The global energies of their ages were not conducive to rapid spiritual evolution, so they needed to have a very primed, favourable karmic and experienced soul configuration for them to be able to ascend in their respective lifetimes. Then was not the time for mass enlightenment, that time is now.

The process works simultaneously and synchronistically, the cause and effect of perfectly balanced creation:

- The low frequency environment limits growth and keeps the shadow unconscious.
- The shadow creates the low frequency environment consciously, though the personality self is unaware.
- The low global frequency of the era is energetically aligned to the shadow remaining dormant, limited spiritual realisation.
- All is aligned with the pre-incarnate blueprint of reality – the intentional plan of the soul for the particular lifetime.

If these ancient techniques continue to be used in our higher frequency times, they will continue to limit the consciousness expansion of the ceremony participants.

The difference now is that the higher vibration of many souls' configuration and blueprint – in alignment with our global frequency – will reject low frequency techniques and resonate with higher ones.

The cumulative effect of this happening en masse, is where we will see radical, positive change, not only in how ayahuasca is understood and practised, but also in a myriad of magical ways across our entire world.

Music

Part of the role of the traditional shaman is to vary the intensity of the ceremonial experience using sound.

Lower frequency tones are used to increase the intensity which can include types of chanting, hissing, rattling, drumming and heavier, darker music and musical instruments.

These sounds intentionally magnify negative emotions, making the experience more difficult than necessary.

During LoveLight ceremonies, we use only high frequency loving, light music, intuitively using incorporating natural silence when guided, to keep the vibration of the sound and environment as high as possible at all times.

Day & Night

The difference in experience between holding a ceremony during the darkness and the sunlight hours, is quite literally, night and day.

Considering the process of spiritual growth and enlightenment involves shining our light of consciousness on our dark, shadow aspects, becoming lighter, and molecularly embodying more love and light, why choose to have ceremonies in darkness?

One reason, as discussed above, could be the desire to activate the shadow.

By focusing on darkness, one attracts more of it into one's life through the law of karma and magnetic attraction. Though as we have explained, this approach exacerbates shadow work, rather than softening it.

The primary issue most of us have with spirituality is not being able to connect with clarity and certainty. Perhaps another reason could be that the energy during night-time is more conducive to connecting to the spirit world?

Generally, we are most spiritually connected between 3-5am when melatonin levels - produced in the pineal gland - are the highest in the body⁴⁹. Darkness prompts the pineal gland to start producing melatonin while light causes that production to stop⁵⁰.

Furthermore, melatonin is one of the precursors to the production of DMT in the pineal gland. As the night is when most people are dreaming in anti-matter, spirit world realities,⁵¹ the fact that the collective energy is focusing on the spirit world during these hours,

49 See the section on DMT which mentions the role of the pineal gland in dream projection.

50 More information about this process can be found in this freely accessible e-book "Darkness technology: Darkness Techniques for Enlightenment" - <https://www.mantakchia.com/wp-content/uploads/2019/10/DarkRoom.pdf>

The author, Mantak Chia, is one of the leading proponents of darkness technology, in the form of dark retreats. Such retreats were an important part of spiritual path, having had two solo dark retreats in a natural cave-like environment within the last two years from writing, for 9 and 11 days.

51 which in themselves are out-of-body experiences

increases the potential energetic connectedness of this time.

Whilst it is true that our spiritual sensitivity and ability to connect to the anti-matter dimensions is increased during the night, when we drink ayahuasca, we do not need any additional assistance to connect with the spirit realms.

The focus should instead be on how to create the most light, loving, and truthful growth experience. Children are scared of the dark for a reason. In and of itself, darkness elicits fear in many. The frequency is lower than that of sunlight.

For these reasons, in alignment with the rationale behind our high frequency focussed method, night-time ceremonies are suboptimal for maximising a high frequency environment.

By contrast, daylight ceremonies hold a much higher frequency. The source of all the planets physical energy, our sun “Sol” is there to support us in our evolutionary, ceremonial experience.

Lara & Leão: Spiritual Guides

As ayahuasca guides⁵², we bring our own unique energetic flavour in addition to the modern multidimensional methods we teach.

We have been guided and trained on our destined path as catalysts, channels, and healers. During ceremony, the plant DMT, in its capacity as mirror and amplifier, reflects and magnifies these capacities so we can serve others as greatly as possible.

As spiritual catalysts, our energetic signatures ignite the “cosmic phire of divine remembering” in others, that being, who they truly are and their destined purpose.

As healers and conduits, we directly channel high frequency lovelight and lightlove, Christ consciousness, Source energy which aids the healing and integration process for others.

⁵² Here is Lara’s and Leão’s bio on the LoveLight CommUnity website - <https://lovelight.community/about-us/>

Catalysts

All cats and felines are CAT-alysts to divine remembering.

After four years of soul searching and truth seeking, my first experience of full-flow enlightenment⁵³ was triggered by an enlightened master in the form of a black cat. Hours after the event, I was guided to a video⁵⁴ which helped me unpack, understand, and integrate what had taken place.

The catalytic presence of the black cat, and the awakening experience itself, activated my own, previously dormant, strands of catalyst quantum DNA.

My energetic signature is now a strong catalyst, trigger and spark to others' divine remembering which I experience frequently, though most strongly during ayahuasca ceremony, which works in tandem with my other energetic abilities explained in the next section.

Subsequently to my experience, my new energetic configuration activated my twin flame and LoveLight co-

⁵³ Contrary to widespread belief, enlightenment is not a static or watermarked level of consciousness, which when one surpasses, they join the club of enlightened bliss forever more. It is a fluid state of energetic flow, where the high-love-frequencies of Source consciousness flow through and merge with one's own matrix energy fields.

⁵⁴ Magenta Pixie and The Nine, The Feline Presence and The Black Cat <https://www.youtube.com/watch?v=Lg9uGm3Y7-A>

founder, Lara, where her divine remembering allowed healing of all past incarnational trauma blockages between us, and Lara's latent DNA memory encoding as a catalyst herself were activated. We now hold an effective masculine, feminine catalysing energetic balance when working with other souls for divine remembering.

For a soul who is ready for the next level of their spiritual journey, being in the presence of our energy, physically, digitally, or intentionally⁵⁵ will catalyse and trigger them forwards by creating energetic movement, momentum, and flow in their matrix fields.

Our channelling ability allows us to connect with higher aspects of ourselves and download multidimensional knowledge and wisdom, in line with our mission to best serve other souls and the planet in their ascension process, such as writing this book.

⁵⁵ As energy is non-locational or quantum.

Ceremony Energetic Dynamics

Summary

- Unknowingly, the shadow trauma and egoic mind will “work through” the ceremony guide, projecting onto the participants in an amplified manner.
- This adds an additional level of karmic entanglement and complexity to the experience and process of the participants.
- Very few currently incarnated souls are aware of this dynamic, here I explain how I came to this realisation.
- Our ceremonies reverse this dynamic entirely, so that the participants unconscious shadow is projected onto us, as we directly channel Christ consciousness Source energy, aiding their healing and integration process.

Creation

In this reality and life experience as human beings, our unconscious aspects - known as our shadow side, part trauma, part egoic mind - will always create, attract, and work through us without us, as our personality selves, consciously realising.

The process of how this works is infinitely complex, for it is the process of creation itself. We are unrealised fractals of Source energy, fingers of the divine poking through into the physical dimension, simultaneously the creation and the creator.

As creator, we create all of our reality through the principal law of our universe, the law of attraction⁵⁶. Everything in the universe is energy, and energy has a signature, a vibration. The law of attraction states that all energies like unto themselves will be attracted.

On each level of our being, we have a particular vibration. This vibration is determined by our emotional and mental make-up; this composition is the sum total of all our experiences.

Whatever energy we hold within our fields, we magnetically attract like for like into our experience, and therefore create our own reality.

⁵⁶ Also known as the law of karma, magnetic polarity, attraction, cause and effect.

Shadow Projection

In acting as a mirror and amplifier, ayahuasca also reflects and magnifies our unconscious shadow side, so that we may see it, accept it, love it, and integrate it as part of the “game of life”.

As previously mentioned, my relentless approach to spiritual transformation has resulted in processing, or integrating, all of my individualised past life shadow trauma, akin to one’s accumulated negative karma at point of incarnation, in a relatively short-period amount of time. The key acceleratory components were ayahuasca, dry fasting, twin flame union - spiritual growth through, usually, romantic relationships - the modern sacred texts and embodying the joy is the new teacher spiritual catalyst approach.

Having reached the stage in my lightbody evolution where I had integrated all of my individualised unconscious shadow aspects, I became able to clearly see the unconscious shadow aspects of others working and creating through them.

This is essentially a latent multidimensional, or psychic, ability, or “light-sight”, being unlocked as my consciousness reached a new state of energetic awareness.

The first time I experienced this higher frequency “light-sight” was also my first full-flow enlightenment cat

experience, when my other latent multidimensional abilities as catalyst and channel were activated.

The most profound times I have energetically seen, felt and understood this process, have been when observing the shadow aspects of ayahuasca shamans working through them during ceremony.

The plant DMT mirrors and amplifies my multidimensional abilities as well as the unconscious shadow aspects working through the shaman.

After the initial fun experience of a new “super-power”, consciously feeling a shaman’s shadow trauma projecting onto you as a group ayahuasca ceremony participant, is no picnic. Furthermore, the shaman, nor any other ceremony participants, have any conscious awareness or understanding of what is happening.

After repeatedly experiencing the projection of shaman’s shadows during group ceremony, I realised this was the sign to follow a new direction. From then on, I started holding ceremonies myself and began my destined path as an ayahuasca guide. I then began to understand how I was being “used⁵⁷” as an energetic channel and conduit during ceremonies.

Now when I drink ayahuasca, I no longer experience individualised shadow integration, instead all my bodies, physical and energy, are used to integrate the shadow trauma of the participants in ceremony, or I

⁵⁷ My higher self choosing this in line with my destined path.

energetically connect to, and heal aspects of, the collective consciousness trauma.

As a spiritual teacher for the new era, rather than having an energetically absorptive shadow which is projected onto participants, I channel and radiate Christ consciousness, Source love & light energy through my open heart, which accelerates the healing process of the participants, rather than adding negative karmic entanglement.

In this way, I directly help heal the deepest and most painful traumas that others are encoded with. My understanding, feeling and experience of this process is best described by this channelling:

“You are going through the energetic of pure surrender and service as pure sacrifice. True sacrifice is the purest act of compassion and unconditional love for you are giving of yourself to another because you love other as self. We call this sacrificial surrender 'the emerald codex'.”⁵⁸

The contrasting levels of shadow trauma integration between myself and other ayahuasca guides is one of the greatest factors contributing to a different ceremonial experience for participants.

My insights are purely based on my direct awareness and experience and are in no way intended to reflect negatively on traditional shamans. The work they do is

⁵⁸ The Nine channellings from The Infinite Helix and the Emerald Flame, channelled and written by Magenta Pixie.

phenomenal, I would not be here without them, and they have my untold respect, gratitude, and appreciation. All souls' higher selves sign them up ahead of time for the experience that is in line with their highest and best good.

I aim to contribute an expanded analysis of the functioning and energetic interplay between ayahuasca and ceremony participants.

If a ceremony guide had awareness of this multidimensional energetic interplay, they could use their divine will and intention to minimise shadow projection during the experience⁵⁹. Reading and integration of the modern sacred texts would vastly help this process.

⁵⁹ If a shaman genuinely wanted to follow this path, this intention would activate their dormant shadow, allowing them the opportunity for further integration. However, due to the nature of fixed belief systems, and becoming “stuck in one’s ways” only very open minded and hearted shamans would consider a completely new approach to ayahuasca ceremony.

Private Ceremonies

Just as the ceremony guides shadow will have a sizeable and determining factor on the experience of all participants, so too the energies of the other participants will affect each other, though to a lesser extent than the that of the guide.

Just as with the ceremony guide, this is not inherently good or bad. The higher selves of all participants “know the script” beforehand and willingly sign-up to the experience ahead of time, because it is exactly aligned with what the soul needs for its highest and best path of learning and growth.

Through greater understanding of the process, the more consciously one can become the master of their own ship, and choose what experience is right for them.

Therefore, one might elect a private solo ceremony, or a ceremony with only close friends and family, to focus more directly on one’s own energies⁶⁰.

⁶⁰ For more information about our private and mixed ayahuasca ceremonies please see our website:
<https://lovelight.community/ayahuasca-ceremonies/>

Afterword

In light of many modern multidimensional teachings channelled in support of our global ascension process, we have formulated a new, loving, and enlightened analysis and approach to incorporating ayahuasca in one's ascension journey.

Our approach results in experiences of more love and clarity, as well as more direct, accelerated and permanently embodied expansions of consciousness.

In this way our new ayahuasca approach and teachings are a creational mirrored match of the frequency of ascension, the shift in frequency from fear, to love.

For those experiencing doubt about anything included in this material, I remind you that the only way to realise this truth is to “walk-the-walk” and experience it for yourself.

We look forward to welcoming you to one of our ayahuasca ceremonies or retreats.