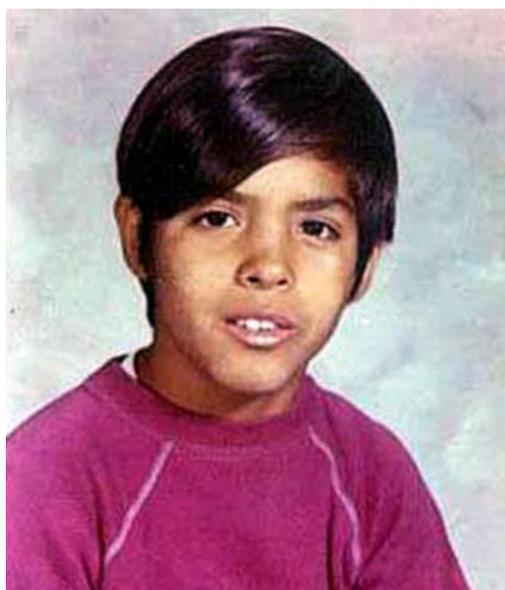


**The 90 Day Ascension Journey:
Engineer & Design Your Life the
Way You Want It To Be!**



Andrew Aloha

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**My dedication of this book goes out to the
collective of who Andrew Aloha is,
to the Mahatma of “Heaven on Earth”**

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Section I

Who is Andrew Aloha!

First of all, just to let you know, I am writing this book off the cusp or the hip as some would say.....in essence, I am simply recalling everything as best I know how and/or remember it, and am providing you with a resource guide at the end of this book so that you can research and investigate the facts for yourself.....really, don't take my word for any of this.....and, if you do find anything significant that is not correct within the framework of this book please feel free to write me and let me know so that I can correct the matter and/or error as soon as possible.....and, thank you for that.....:)

Likewise, just so that this will be easier for you to read, note that every time I mention "I", "My", "Me" or "Myself" in this book or anywhere else for that matter, I am actually referring to "I/we", "My/Our", "Me/Us", "Myself/Ourself", to all those that have come before me to allow me to write this book and do whatever else. I am referring to all my ancestors, brothers, sisters, extensions, aspects, tribes, relations, group soul members, etc. that have lived before me

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and/or live now so that I could live and breath right now and do that which I/we came here to do.

In essence, I no longer serve to operate as an individual though as the collective of who Andrew Aloha is, or the Mahatma whereby my experiences are no longer just mine though of all those that have come before me as well.....of the collective or what I call the Mahatma of “Heaven on Earth”, or group soul effort, or the soul project called “Heaven on Earth”.....thus, my ambition is to serve the Mahatma as much as possible by experiencing as much Divinity as possible so that the collective or the Mahatma can also experience this too, without experiencing too much negativity or should I say unhealthiness which no longer serves and/or benefits us in the sense of speaking.....which I/we greatly appreciate and enjoy.....this is also something that all of you in the years and lifetimes to come will do as well. You will all eventually join together with your soul group members and do group projects as

well, if you're not already doing so now.....many of you are.....:)

Anyhow, moving on to my own particular “Ascension Journey” which began years ago at the age of 10 when my brother, Michael, transitioned or died after a fire took place in our home in Gridley, California, on 26 December 1972. He died of smoke inhalation and I was very angry for it. In fact, I felt very angry, guilty, sad, depressed, ashamed, horrified, etc.....you know, all the emotions and feelings that come with the grieving process that takes place after such an incident.....then, one day I lashed out, which I will talk about later.

Just the same, Michael was only six years old at the time. He was sleeping in the same room that I was in that night. Next thing I knew I woke up and noticed something unusual happening. I went into the living room and noticed the Christmas Tree blazing which really astonished me. So, I yelled “fire, fire, fire” in order that my sisters and my

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mother in the bathroom with her new boyfriend could get out. I then turned around and ran back through the hall out the kitchen door.....then I realized I forgot to go back for my brother who was nearby still sleeping in our room. Or, was he? How horrible that was! Yet, that horrific night also taught me so much about death in so many ways that I can now only but appreciate, accept and move on with. To this day it can still grab me to some extent, even though I have forgiven all of those concerned, including myself.

Nevertheless, it was at this point in life for me that I began to understand what “manifestation” was or is. Right before the incident above took place my father and mother got a divorce. That same year, my father also came to me shortly before my brother died and told me that I was to be the man of the house and that I had to take care of the family. How rude!!! How rude that someone would impose such responsibilities upon a 10

year old child! What's wrong with him! Lack of education? Lack of wisdom?

Nevertheless, the night of the above incident, on Christmas evening, my brother and I were playing around when all of a sudden my mother came into our room and accused us of playing with our private parts, which we weren't. She was angry, accusing us of such behavior and yelled at us for it. Again, "How rude!" How rude that someone would shame us and impose their sexual dysfunctions upon us. Again, lack of education? Lack of wisdom?

On Tuesday, 26 December 1972, I would learn how powerful manifestation was and is. Later in life I learned that if you wish, will and apply heart felt energy enough you can get what you want, not necessarily what you need, as the song goes. That night, after being yelled at for a dysfunction that had nothing to do with me, I cried. My mother came in and asked me why I was crying. I told her that I missed my dad and wanted to see

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him. Thus, my wish came true about two days later when he drove all the way from Texas for the wake of my brother. Of course, all of us went through great pain before the healing began.

My own particular journey and healing began shortly after that. After bucket loads of tears shed on my face, along with anguish, shame, guilt, confusion, etc., A few months later, I became incredibly angry and yelled at God, asking him “Why!” and telling him I would never believe him unless I seen him with my own two eyes. Later, in the sense of speaking, I did.

Years later in April, 1985, this is how manifestation works and can work, after finishing up nearly four years of being in the Air Force, I was drinking wine coolers with two women. They were both bank tellers of all things at a local credit union in Victorville, California. Nevertheless, nearby we were sitting on the back of my Toyota Corolla hatchback

talking and laughing, with me being in the middle of the both of them.

We drank at best one wine cooler at the time when all of a sudden a tall, slender man with short golden hair and sky blue eyes appeared to us. He didn't seem to have a shirt on when all this took place within 10 to 15 seconds. Standing there before us he said "the Christ will appear within ten years". I looked up, got a glimpse of him, looked back down and then began to laugh at this moment. Then, I looked up again. At the time, there appeared to be no physical movement throughout all this episode yet I noticed he was gone. There was no where he could run and hide in that short of period of time, yet he was gone. Where did he go?

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(Chapter 1)
The Journey Begins:
The Five Spiritual Practices

**“When the Student is Ready the
Master Will Come”**

To this day, I have yet to talk to the two female bankers about what they experienced that evening in April 1985 in Victorville, California. I still don't know what they perceived, though eventually I did make the realization that it was actually Maitreya Buddha whom we'll talk about later. Anyhow, in 1990, I began meditating with a Transmission Meditation group in Dallas, Texas. I was attending Texas Christian University in Fort Worth, Texas at the time and was driving an hour and a half round trip to meditate with the group for an hour and a half at a time.

Before that I had just graduated from KD Studio, an acting school in Dallas, Texas,

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and was talking to one of the administrators, a man by the name of Allen Winslow, when all of a sudden a surge of energy went through my body and I found myself asking Allen “What is meditation?” What was unique about this was that at the time, I had no interest in meditation and had no idea where that came from. In other words, whoever was asking that question was not me, the personality by the name of Andrew at the time. How bazaar was that?

Just the same, Allen answered my question then on that same day we went to his office in Dallas, Texas and did a guided meditation. Soon thereafter, he also introduced me to a woman by the name of Judy, who did a channeled reading for me and introduced me to Transmission Meditation, vibhuti (sacred ash), Sai Baba and Alice Bailey all in the same day.

Judy showed me a video on Sai Baba doing darshan or blessing the crowd. She gave me some vibhuti, which is

considered sacred ash or holy ash, manifested by Sai Baba, that people use to meditate with and/or heal with. Then, she introduced me to the works of Alice Bailey, an author who wrote down the dictations of a number of books by a saint named Djhwal Khul. Likewise, she introduced me to Transmission Mediation, telling me to meditate five minutes in the morning and five minutes at night before I went to bed. Later, I had to change this routine to just mornings or afternoons because otherwise the energies would keep me awake for several hours afterwards. Thus, my spiritual journey officially begins.

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(Chapter 2)
Prayer: Talking to God/dess

Years prior to meeting Judy, as you remember, I had already begun to pray. Although those were angry words, they were still a form of a prayer, of telling God/dess that I would never believe in him unless I seen him. This was still a verbal communication with the higher self, with the Universe, with the Collective Consciousness, with God/dess, etc. Of course, I had every right to be angry. I was only ten years old and already given the responsibility of taking care of a Mother and two sisters, and had just lost my dear friend, my brother, my buddy whom I had some so many laughs and fun with. What else was left? Was this the end of the world? Would I survive this turmoil? Of course I did, you're reading this book, RIGHT! On the other hand, this so called tragic event was most likely what lead me to the experience with the two female

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bankers.....who knows what would have happened otherwise, who knows!

Anyhow, right after the fire, my younger sister (Sylvia) and I were sent to a Christian camp in the mountains nearby. I still had some tears left to shed and it was quite healing for me just the same. It was healing to change the scenery, the environment. It was also significant to me because it was there that they did a revival and I decided to commit myself to Christianity or religion as one calls it.....a few months later at the age of twelve, I did this again at the First Baptist church in Gridley, California where I was baptized as well.

Years later I also found out that this was a journey I had already been on several other lifetimes prior too. According to a seer I encountered, he stated that I had been a monk in at least thirteen other lifetimes, with a number of them being in Atlantis. Thus, I was already accustomed to saying prayers all the time. In fact, prior to this I had already attended

catechism at the local Catholic Church where some Nun kept slapping the back of my hand for whatever reason/s. I had also been an altar boy which all pretty much ended when my parents divorced because my father was the devout Catholic.

Nevertheless, at the Baptist church in Gridley I studied the bible, memorized all the books of the bible, learned to pray again and even returned to the church camp one or two more times thereafter.....ssssshhhhhhhhhhhhh..... I also had a crush on the preacher's daughter, though I'll never tell.

Later I found out that my older sister (Dianna) was considered a gifted child, which my mother (Beatrice) hid from us. She lived in some other facility elsewhere, who knows where. Though, in the meantime my younger sister, my mother and I moved to Grass Valley, California where I went to Nevada Union High School, was a popular wrestler and got involved with a beautiful German,

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Swedish, mixed breed female instead. Her name was Robin who was the best kisser in the world.....we'd kiss for hours upon hours. She had the most beautiful blue eyes, blond hair and was the sweetest lover I've ever encountered.....until it all ended one day when some drama took place between her and my sister for whatever reason.....I still don't know why and it freaked me out so I ended our relationship promptly.....although, it also turned out to be a great excuse because I knew I was moving on, moving out of Grass Valley to who knows where. Therefore it was the perfect way to opt out of the relationship because I knew I had to leave her behind.....later, I encountered her a few other times and apologized hoping she would forgive me.....I believe she did.....:)

Today, I still search for that unique lover.....I still haven't encountered another like her though remain optimistic.....I also pray much differently than I did then.....now what

people may call prayers, treatments, sessions, affirmations, mantras, etc. I simply call programs.....it has come to my attention that the Universe is literally like a computer.....you know, like in the Matrix.....therefore, this also means you can program, reprogram, delete, enter, download, transfer, create, etc. all kinds of prayers.

For example, I'm also a Radio Show Host in Flagstaff, Arizona as I'm writing this now. If you've heard any of "The Golden Age Psychic Shows" you would hear some of these programs whereby I do Karma Clearings, Chords & Ties Clearings, The Immersion Program, The Divine Life Plan Program, Calling Upon Your Spirit Guides & Angels, literally Praying with People in the Traditional Sense and more.....further into this book you'll learn more about this after you become acquainted with "The Five Initiations", "The Five Spiritual Practices" and the other aspects or characteristics of "The 90 Day Ascension Journey".

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Additionally, you can go the link below and listen in on some of these shows.

www.spiritualimageproductions.com/TheGoldenAgePsychicShow

Therefore, to sum it all up prayer is simply talking to God/dess in whatever capacity you know or are willing to do so. You can read spiritual/inspirational works prior to doing so, you can meditate prior to doing so, you can also do so while listening to music or right before doing an activity or service.....the sky is the limit, you decide however way you want to do it.....although one thing is for sure, doing so regularly is key to your own personal success, whatever that may be.

(Chapter 3)

Meditation: Listening to God/dess

Meditation is literally a whole different ball game than prayer is. Meditation in its most simplistic form is “Listening” to God/dess, as Sai Baba would say. If you don’t know who Sai Baba is you can find all kinds of info on him on the internet. He is considered a “Cosmic Christ”, “Christ Conscious” at the Universal level whereby he was consciously aware of everything that was going on throughout this Universe, at the very least.

Sai Baba transitioned several years ago, 24 April 2011, with this being his second incarnation of three to take place. His first incarnation was as Shirdi Baba in India, then Sai Baba. Next, he is to be born in India again around the year 2024 as Prema Baba. His main ashram is in Puttaparthi, India where he typically had over one million people physically there for his birthday party in November. How

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many celebrities or famous people do you know that had or have such birthday bashes, and he never once set foot in the United States. In fact, his only visit out of India was in June 1968 to East Africa to visit Kenya and Uganda.

Anyhow, we have already talked about Transmission Meditation and Guided Meditation. There are lots of meditations you can find on the internet, most of which are considered “Light Meditation” or visualizations. The only other type of meditation that I know of is called “Sound Current Meditation”, which I learned from a man by the name of Kiara Winrider.

Years ago, from 1998 thru 2003, I attended a festival called the “Wesak Festival” in Weed, California. It occurred and occurs now during the full moon in Taurus every year, which is the day that Buddha became enlightened, the day that he was born and the day that he died. Every year for ten years in a row Joshua David Stone produced his version

of the “Wesak Festival”, beginning in 1993. In 1997, I had just returned from India, from visiting Sai Baba for two months. While I was there a couple of female devotees introduced me to Joshua David Stone’s books, so I read two or three of them. Likewise, I also witnessed Sai Baba produce lots of vibhuti, ear rings and necklaces out of thin air, along with do darshan pretty much everyday as well. And, he was known to bring people back to life after being dead three to ten days.

Nevertheless, after returning from visiting Sai Baba in July, 1997, I came back and embarked upon “The Wesak Festival” and decided I wanted to go. In 1998, I did go with a prior girlfriend and her daughter. At the time, I was also considered a photographer and took lots of pictures, at least twenty seven rolls of film while I was there. I then sent digital copies of them to Joshua David Stone who later told me that the “Masters wanted to know if I wanted to be the ‘Official’ photographer for the Wesak

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Festival”. Of course, I said yes and was given only on a media pass to the festival and that was it.

Nevertheless, I photographed the event for five years in a row and sent the photos to Joshua David Stone on a CD so that he could choose the ones he wanted to post on his website. Several hundred of them were posted there over the years, including photos from a leadership retreat that would take place the day after the festival. It was also there that Kiera Winrider announced in 2002 that he was in fact “Babaji”, a three thousand year old legend that was still living in a physical body even to this day.

It was believed that years ago he went to visit a guru, waiting for him to teach him how be like he was.....he apparently waited for weeks, months, a lengthy period of time when finally one day the guru came out and acknowledged him. He asked Babaji what he wanted and Babaji simply stated that he wanted to learn how to be like him or something of

the sort. Thus, the guru taught him most everything he knew and since then Babaji has been living in a physical body, being now over three thousand years old to date.

In 2003, Babaji or Kiara Winrider also came out with a book called “Doorway to Eternity: A Guide to Planetary Ascension”, then went back to India and married with a woman by the name of Grace Sears.....isn’t that interesting. Could that have been an Angel by the name of “Grace” hhhhhhhhhmmmmmmmmmmmm.....who knows?

Just the same, that same year of 2002, three other females and myself sat in the hotel room that me and one of the females were staying in. Kiara Winrider autographed a copy of his book for all of us, then he lead us through his version of “Sound Current Meditation”. He had us first close our eyes and listen to our breath. Then, he asked us to listen to all the sounds of our present environment.

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Next, he had us listen to the tone of our bodies, a kind of ringing sound in our ear which we were then asked to bring to the top of our heads. Later, I learned to become one with it and really felt the life of it go through my body, which seemed to cause a shift in my body as well as my life. Again, when doing this meditation you're listening to the tone of your body or frequency and simply allowing yourself to become with it.

Before leading us through the above meditation I asked Kiera what it was like for him to be in a body for so many years. He said that he did not remember being born and that he was now living in his "twelfth body". He said that the first few bodies he waited till the person would become deceased then he would take over the body. Kind of like in the 1978 movie, "Heaven Can Wait".

Then, he said for the last couple of bodies that he would take over the body just like a "Walk-In" does. In case you don't know what a Walk-In is you can find info about

it on the internet. Though it involves two souls, possibly more, that agree to utilize one physical body during its existence. The first soul lives in it until usually some tragic event takes place like a car accident or something. Then the other soul takes over. Many times, the second soul relies on the cellular memory of the body to recall family, friends, etc. though that's as far as it goes. Many times they have a hard time remembering the lovers, family, friends, events, etc. and may seem quite confused about different things. Which may be one of the big reasons Kiera Winrider may not remember ever being born.

Just the same, the other types of meditations that I practice or have practiced are Guided Meditation, Transmission Mediation, Joyti Meditation, Ascension Seat Meditation and more. One of the first meditations I did was a guided meditation of visualizations where I would envision walking on the beach, then walk to a nearby grassy hill where there would be a

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picnic bench with a pitcher of Golden Healing Liquid waiting for me to drink. I would pour some of it into a glass and drink the incredible healing liquid. Next, I would walk over to a swing nearby and swing on it for a few minutes then I would lie on a picnic blanket next to the swing and lay down and simply relax, enjoying basking in the sun. Finally, I would open my eyes and feel incredibly refreshed.

One of the other meditations that I do even to this day is Joyti Meditation. In this meditation I am sitting up straight. I begin with a large ball of white light at the top of the atmosphere of the Earth and send a pillar of it all the way down through my body and into the center of the Earth's core which can be envisioned like a miniature Sun and actually is in the sense of speaking. Once it appears to be a solid beam of light I send it back up through my body out of the top of my head, to clear my head so to speak.....next, I envision an etheric candle flame in front of my chest and

bring it into my chest clearing out on the negative energies from that area. Then, I reinforce that with a prayer or affirmation that goes like this, “I am God/dess. I am good, compassionate, kind, loving and divine”.

Next, I envision bringing the flame up to my throat chakra, which you can learn about on the internet, and I reinforce this action with “I am God/dess. I speak of goodness, compassion, kindness, love and diviness”. Next, I do my third eye chakra and reinforce this with “I am God/dess. I create out of goodness, compassion, kindness, love and diviness”. Next, I do my crown chakra and reinforce this with “I am God/dess. I think out of goodness, compassion, kindness, love and diviness”. Next, I do my solar plex chakra and reinforce this with “I am God/dess. I feel good, compassionate, kind, loving and divine”. Next, I do my arm, hands and fingers or upper limbs and reinforce this with “I am God/dess. I do for goodness, compassion, kindness, love and

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diviness”. Next, I do my sex chakra and reinforce this with “I am God/dess. My sexual nature is good, compassionate, kind, love and divine”. Next, I do my base root chakra and reinforce this with “I am God/dess. I act out of goodness, compassion, kindness, love and diviness”. Next, I do my legs, feet, toes or lower limbs and reinforce this with “I am God/dess. I travel and walk out of goodness, compassion, kindness, love and diviness”. Likewise, I do an additional chakra about one to two feet below my tail bone and reinforce this with “I am God/dess. I am good, compassionate, kind, loving and divine”. Finally, I envision my whole body being enveloped by the flame and reinforce this with “I am God/dess. I am good, compassionate, kind, loving and divine”, and I do the same with my apartment as well.

Again, there are all kinds of meditations you can find in bookstores, on the internet, during workshops and more. The last meditation that I would like to

fill you in on is “Transmission Meditation”. There are all kinds of videos and information offered on the internet, including on SIP’s website at the link below.

www.spiritualimageproductions.com/TransmissionMeditation.html

I have been doing this meditation since 1987, since Judy introduced it to me. I began doing it five minutes in the morning and five minutes at night. Likewise, I began to increase this up to 45 minutes over a period time. I would do 15, 20 minutes or whatever and find myself passing out because it was so deep, or I was too tired, or both.

At the time, I was living in Irving, Texas with two other roommates in a house. Finally, after about three years of doing this, and working my way up to about 45 minutes, I GOT A CAR! Woo hoo.....a cousin of mine (Steve) sold me his car and now I was ready to rock-n-roll on up

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to the big leagues, or at least to the Dallas Transmission Meditation group. Likewise, I also moved to Arlington, Texas where I went to University of Texas, Arlington. Then, shortly thereafter I began going to Texas Christian University and moved to Fort Worth, Texas in 1990.

I began attending the group regularly. They would meditate every Thursday night from 7:30 – 9 p.m. It was also then that I met Benjamin Crème, who was the initial promoter of this meditation, from back in the 70's. He was and still is the principal source of information about the emergence of Maitreya, the World Teacher. He traveled the world introducing people to Transmission Meditation and to Maitreya Buddha, head of the Spiritual Hierarchy here on Earth. You can look up Share International Magazine on the internet and find lots of information on this.

Just the same, the Dallas Transmission Meditation group hosted Benjamin

Crème a year or two right after I began with them and did a private meditation with him prior to his public presentation the next day. Of course, I attended that meditation and immediately he introduced himself to me and I greeted him as well. At the public talk, typically Benjamin Crème would begin by being overshadowed by Maitreya Buddha where he would bless the audience. Next, Crème would talk to the audience about Maitreya Buddha. Then, there would be a break. Next, Crème would come back and do a Q & A, many times Crème he would state that Maitreya had been in the audience that evening for ten or more minutes then he would leave. Finally, Benjamin Crème would finish the evening with another blessing by Maitreya Buddha.

Additionally, after the meeting many times people would submit a piece of paper to Benjamin Crème and ask him for their “Ray Structure”. Again, you can go to Share International and Benjamin Crème’s books and find information on

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all this. Simply put, the “Ray Structures” are a kind of an Astrological Chart or Numerology Chart. They are composed of various 1 - 7 rays for your Soul, Mind, Body, Emotional and Personality Vehicles.

Eventually, Benjamin Crème imparted to me my rays which I later learned were the same as Grace Kelly’s of Monaco. Even so, it did not mean a lot because Benjamin Crème has stated that for every year of Transmission Meditation that you do it is the equivalent to resolving at least ten years of karma for yourself. Which means that after doing at least twenty nine years of Transmission Mediation over the years, that now 290 years of my karma have been resolved in advance, or that I’ve resolved my karma for at least two, three or four lifetimes from now.....WOW, what a concept! Holy Cow Batman!

Anyhow, again there is lots of info on Transmission Meditation. You can go to the link below and download a free copy

of “Transmission Meditation: A Meditation for The New Age” by Benjamin Crème. You can also go to the Transmission Meditation page on the Spiritual Image Production’s link above and get info and the link for the ebook there as well. Once you get the hang of it or figure it out, you can join us for the weekly “World Transmission Meditation Group” and/or the monthly “Full Moon Transmission Meditation on the Air”.

www.share-international.org/books/PDFs/BCreme_TransmissionAMeditationForTheNewAge_Jun06.pdf

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**Additionally, here's the Great Invocation
in case you need it:**

**The Great Invocation: A Mantra for the
New Age and for all Humanity**

**From the point of Light within the Mind
of God**

**Let light stream forth into the minds of
men.**

Let Light descend on Earth.

**From the point of Love within the Heart
of God**

**Let love stream forth into the hearts of
men.**

May Christ return to Earth.

**From the centre where the Will of God is
known**

Let purpose guide the little wills of men –

**The purpose which the Masters know and
serve.**

**From the centre which we call the race of
men**

**Let the Plan of Love and Light work out
And may it seal the door where evil
dwells.**

**Let Light and Love and Power restore the
Plan on Earth.**

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Finally, before I move onto the next section I'll tell you how I realized it was Maitreya Buddha that came to visit me and the two other females years ago. After about two years of meditating with the group in Dallas, Texas, one of the members came in right before we were getting ready to start. He seemed quite excited and told us he had something to tell us.

The Transmission Meditation group member said that he had just talked to one of his friends, who told him that one of his friends had just been in an accident there in Dallas, Texas. No one was hurt though he had simply run off the road because of the hitch hiker that him and his wife had just picked up. Apparently, the Christian couple picked up a hitch hiker, which they never do. They got back onto the interstate and while they were driving the male they picked up stated that the Christ would appear within five years then disappeared right there before their eyes, thus the reason

for their swerving off the road with such astonishment.

Immediately after the group member told us his story, all of a sudden I began to recall the incident that took place five years prior too. You see, because of the abnormality of the situation years ago with the two female bankers, I had completely forgotten about the evening with Maitreya Buddha. My mind could not cognitize the whole situation so immediately I forgot it. Therefore, when the Transmission Meditation group member told his story right away it triggered my recall memory from the night of April 1985. It was also then that I realized that it was Maitreya Buddha who had come to visit us that spring evening in Victorville, California.

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(Chapter 4)
Reading Spiritual/Inspirational
Works; Music, Mantras,
Affirmations; and Some Kind of
Service Activity to Support All That

All these practices actually come from the teachings of Sai Baba, yet few institutions use them. In fact, this teaching model is probably one the most effective and most advanced teaching model in all the world, yet most if not numerous churches do not use it. Its effects and capabilities are quite significant when you look at the millions of devotees that Sai Baba had throughout the years. Who do you know that could keep up with that many students and still maintain a balance as a result of doing so? Additionally, even today other Saints and Guru's use the same model with thousands of followers, such as Ammachi - "The Hugging Saint", Amma Sri Karunamayi, Mother Meera, Maharishi Mahesh Yogi, Maharaji and more.

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The rest of the “5 Spiritual Practices” are quite easy to understand and follow. At the end of this book I have included a resource guide from which to choose from. Again, you can research your own journey and truth for your own enlightenment purposes.....Either way, choose that which your heart desires and wishes to read, listen to and/or go over the most.

One evening I was living in Arlington, Texas in my own apartment and reading some Alice Bailey works or doing some homework and was just getting ready to meditate when all of a sudden I heard a triangle ringing in my mind. I thought, “that’s kind of strange”, then I forgot about the incident for months to come.

A few days later or so I woke up in the morning half asleep/half awake and heard a loud thundering voice in mind saying, “ANDREW, WHAT DO YOU WANT?”.....I believe it’s safe to say that that was probably God literally speaking to me. I thought WOW! That was

amazing! Then the next day or a few days later I heard another voice in mind only this one was actually quite angelic and a female voice saying “Andrew, You Are Very Special”. I thought, that was interesting and nice to hear.

Anyway, a few years later I was involved with a female in California and was reading one of her East Indian books and in it I actually read that when a student is ready to begin on the path they will hear a triangle ringing in their mind. I thought, WOW, that was quite interesting, remembering back to when I had heard the triangle ringing in my mind in Arlington, Texas.

In that same book, I also read that usually when one goes onto the path that they inherit their lineage or path from another Guru, Saint, Adept, etc. Then, I remember prior too that I had a dream with Allen Winslow in it whereby we were in an elevator and were descending in it, which usually means the unconscious or subconscious stuff. I

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observed a bunch of large bolder size jewels in front of me as we were going down. After the dream, I later learned that Allen was murdered in New York by some black guys driving by and throwing some bottles at him while he was riding his bicycle. Although that was tragic to me, I still realized in the dream that Allen was actually passing his lineage or inheritance to me.....WOW.....what a thought that was!

Anyhow, after graduating from KD Studio in Dallas, Texas in 1987 and Texas Christian University in Fort Worth, Texas in December 1991, I moved back to California and pursued my endeavors there. I ended up living in Sacramento, California and one day woke up in June 1995, again half awake/half asleep with this voice saying in mind, “Go around the corner and buy the blue (I thought it said) Ford Fairlane”. I said, “What?” Again, the voice said, “Go around the corner and buy the blue Ford Fairlane” I said, “ok”. This was around seven or eight o’clock in the morning.

So, I got up in my pj's and sure enough there was a blue Ford Fairmont around the corner of the apartment building where I was living at. So, I went and knocked on the door of the owner of the car. He said he worked for the Department of Motor Vehicles and that the car was in good shape. I actually happened to have enough money for it and was thinking about moving anyhow. My other car was a beaten down car which would not go any faster than 55 mph if you begged it to. Thus, I paid cash for the car and moved out within the week.

Although, before I moved out I went to an acquaintance nearby and asked her to do a quick psychic reading for me. She said, "Oh, I can see you above the Grand Canyon". I said, "oh, ok" and literally left the very next day, ending up in Sedona, Arizona where I have lived off and on, mostly on, for the past twenty plus years. I arrived there on 9 June 1995, right when Pluto went into Sagittarius.

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After living in Sedona for a number of years I ended up in California again, for a few months. Although, before I went one of my Guides told me to read the New Testament Bible and that I had two weeks to do so (in fact, it's quite funny because recently one of my Guides also told me that I had two weeks to write this book.....hhhhhmmmmmmmm.....).

Anyhow, I did. I finished reading the New Testament King James Version Bible. When I did I was given revelations within the framework of it all. Then, when I moved to California I was also given the spiritual name "Judgment Day". I thought "Wow", that was different.

Over the years, since I began meditating I went and had my name legally changed from "Trevino" to "Trivino". Which meant that my name was now being changed from "The Wine" to the "Trinity of the Wine".....from the "Blood of Christ" to the "Trinity of the Blood of Christ".....from the "Power of God", to

the “Trinity of the Power of God”.....additionally, throughout the years I have also been given various spiritual names from within.....from my Spirit Guides. Afterwards, for months and years thereafter I would become and be the new spiritual name until I was ready for my next one or initiation.....which we’ll talk about in the next chapter.

So now that I was “Judgment Day”, what next? Well, since then there have been a number of changes that have taken place throughout the world that I perceive have helped to reshape humanity into a better place for us here on Earth.....who knows what it could be otherwise and how much more we’ll improve our quality of life here on Earth.....though, if I/we have anything to do with this, life here on Earth will get better.....:)

A few short years prior too, in 2003, after returning from Hawaii I was given the name “Andrew Aloha”. Likewise, around the same time while on tour with

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Ammachi – “The Hugging Saint”, in the summer of 2003 all acrossed the United States, “Spiritual Image Productions” was born with its mission being “To Establish & Maintain Right Relationships Thru Human Values”, which is what I teach to people on the radio shows I do now on BlogTalkRadio.

Next, moving onto “Music, Mantras and Affirmations”, which are all about sound or sound programs. Thus, balancing and getting your energies moving through sound is quite important. In fact, a few short years ago I innerviewed with a woman who said she was diagnosed with Parkinson Disease. She said that she was able to really stabilize it and/or control it through “toning”. Again, if you don’t know what “toning” is there’s plenty of info about it on the internet. Just the same, not that she is or I am officially a doctor and that we’re making diagnosis, I’m just saying, I don’t know that she completely healed herself of it though she seemed to be in a much better place as a result of her “toning”.

On another note, a couple of instances when I was the “Official Photographer” for the “Wesak Festival” in Mount Shasta, California there were a number of musicians that played there. In fact, much of the music was quite angelic, new age, inspiring and evolved. You could literally feel the love or divine energies pouring through your body if you took the time to really listen. Michael Hammer was one of those individuals that I really felt this with. Based out of Hawaii, if you played his cd’s you could really feel the Christ or Divine energies coming through them.

Later, I traveled to Ashland, Oregon and found Scott Huckabay doing a concert in one of the venues there. At the time, I had traded my Cannon EOS single lens reflective camera for a video camera and decided to video record him instead. Of course, I got his permission and what I got from the shoot was amazing. Towards the end of the concert all of a sudden I could feel 5th dimensional heart felt energies pouring through. Wow, I

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was blown away. A few months later I went to some cable access television stations in Oregon, California and Flagstaff, Arizona who all played the concert. In fact, some of them even played it over again because they too were amazed by Huckabay's performance.

Which brings me to my next point, one of the things that you can do to help balance the energies in your environment, in your temple is that you can play constant uplifting music or Maitreya Buddha Messages or similar that will help raise the vibrations of your place and/or maintain them there. Have you ever noticed that hotels and resorts do this all the time.....they play constant uplifting music that you can hear wherever you go to on their premise. You can do the same for your place of residence and office for that matter.

Thus, mantras and affirmations do the same thing. They help to uplift your body vibrations along with that of your day to

day activities. Again, I call them programs. Even mudras or hand movements can be and are considered mantras and/or affirmations. You can use them in the same way as well.

Years ago, I began doing the simple affirmation, “I am positive, I am positive, I am positive.....” Eventually, I developed it into a more expanded version as follows, which I have put on paper and taped onto my walls, bathroom mirrors, vision boards and wherever else: “Andrew Aloha, Myself & I are grateful, thankful and accepting of all Love, Kindness, Compassion, Peace, Right Action, Right Conduct, Right Relationships, Prosperity, Non-Violence, Integrity, Honor, Respect, Humility, Change, Guidance, Assistance, Safety, Protection, Security, Blessings, Gifts, and Rewards in store for me/us now....karma free, debt free, effortlessly, easily and abundantly in the name of God/dess....OM Shanti, Shanti, Shanti

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Finally, most people already do service pretty regularly on a day to day basis. Being a Mom or Dad, Grandma, Grandpa, Aunt, Uncle, etc. is a great service. Being a Politian, Musician, Business Person, Teacher, Baseball Player, Football Player, Basketball Player, Volleyball Player, a Coach, Preacher, Pope, etc. are all people of service. You're putting aside your needs to help support the needs of others. Although, that doesn't necessarily mean that you're forgetting your own needs too. You decide what you enjoy the most, what your heart desires the most and go with that. Although, one things is for sure, if you're being productive, creative and supportive then you're in the right direction. If you're in the right direction then enjoy it and simply keep the ball going fore "devotion" is also a great service that will eventually get you to divinity in the long run too. God/dess luck with that.....:)

Section II

The 90 Day Ascension Journey

The Journey Begins With You: The Five Initiations

**“Love All, Serve All”
“Help Ever, Hurt Never”
~ Sai Baba**

This section is basically the foundation of what “The 90 Day Ascension Journey” is all about. The Five Initiations are the developmental process that take place in order to become enlightened or ascended on this journey called life, humanity or living here on Earth. Ascension, which literally means “going up”, and as I define it is the process of becoming more aware or gaining a higher level of consciousness and/or evolution than you are now. It is the process of developing your consciousness or awareness to a level whereby there is no turning back, it’s too late, you’re already evolved to a point that your knowledge, experience and wisdom base are ready for the next

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level of evolution, whatever that may mean for you personally.

Enlightenment on the other hand is not necessarily synonymous with ascension, though can be. Ascension can literally take place in the twinkle of an eye, whereby enlightenment takes place over a period of time. Enlightenment is also where the five initiations take place. Likewise, the five initiations don't always take place in their consecutive order, which we'll go over later.

Before the five initiations take place you/we were an idea in the mind of God/dess, which is where the Adam (adam) and Eve (awareness or impregnation) come into play. At some point thousands and millions of years ago we/humanity were only an idea or Eve in the mindset of God/dess that was implanted or impregnated into the adam (Adam). Later, as we evolved we started mingling around in the Universe wherever that may have been, probably

in the prior solar system to the one we're in now.

Next, we started coming together as one ameba or organism to begin the forming of a being at some point or another. Finally, we did, we evolved into some being or another, such as a monkey. Then, the dinosaurs were destroyed and the “big bang” takes place with the prior solar system blowing up. Later, in about two thousand years or so this one too will most likely be blown up whereby we'll all have to move onto another instead, or die of course. Thus, our directives for the future begin to form even now, a new home to live in before all this takes place.

In the meantime, after the “big bang” takes place and we become more settled onto planet Earth, we then become animal-man whereby we run into the wild without any clothes on. Yep, believe it or not it was absolutely completely legal back then to run around naked. This was also the point where we inherited, became impregnated with or

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evolved enough to grow or develop our own group soul, so to speak. This was the point where all of humanity shared one over-soul or group soul if you want to call it that. We all shared one consciousness, yet did not have the capability or ability to emote or feel. We were in physical bodies though do not think or feel for ourselves.

Eventually we did, we began to feel and get jealous over lovers, food and the like. We got territorial over the land we live in, how typical of humanity is that. And, of course we got territorial over women and children, which is when slavery actually began. Yep, that's humanity alright. That's also when we began to walk on two feet as well. We also learned how to build fires and cave homes.....you know, with chandeliers and everything.....you get the idea. Likewise, the conquering of Rome, the exploration phase and the gold rush set in, along with the industrial revolution and all that other stuff to where we are now.

Now we're just passed "The communication Age", "The Wall Street" phase and about to go into "The Virtual Reality", "Space Exploration" and "Space Travel" stages. Of course, we'll also be going through other planetary and civilization exploration stages and more, stay tuned there's so much more to come.

Eventually all of us will have a need to develop our skills and senses in order to move forward into these evolutionary stages. We'll definitely have to develop our telepathic and teleportation abilities so that we can successfully keep up with our other brothers and sisters on other planets, solar systems and galaxies. Thus, the need to be and become enlightened and ascended will be an absolute necessity if we are to "Establish & Maintain Right Relationships" with our other brothers, sisters and families in other places in this universe.

So where does this bring us now. Before even beginning "The Five Initiations" we still become neophytes. Once we begin to

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feel, emote and think for ourselves we learn to perceive that there's something bigger than life out there, that there's something on the other side of the veil, on the other side of the unknown and the unseen. Therefore, we take a leap of faith, also key to enlightenment, and we begin to trust that there really is a spirit or God/dess that we can not see with the naked eye for the most part. We hear a voice, see or feel a ghost or spirit and realize that this is confirmation of that which is on the other side. We feel something unusual that we can not see and again that is confirmation that there are beings on the other side of the veil.

It is then that we become neophytes, or those that have faith that we too can become enlightened individuals that will in time be of great service to mankind, the animal kingdom, the spirit kingdom, the plant kingdom, the mineral kingdom and more. Thus, small steps are taken over a period of hundreds if not thousands of lifetimes to go through "The Five Initiations" that also begin our quest

as “Ascended Masters”, “Saints”, “Avatars”, “Logos” and more, the bigger picture in the scheme of things. In fact, “The Five Initiations” are actually the beginning of many more initiations to come that lead us all back to the God/dess head, back to home and more.

Therefore, once we begin with the faith that there is more to life than our cave man days, we begin with “The Five Initiations” of learning how to take care of our physical bodies, of learning how to balance our emotions and feelings, and of course learning how to think. Then, in essence we go through a transformation process, become transfigured and ascend or become enlightened. How easy was that!.....:)

And if that’s not enough, to begin with, one of the formal ways of consciously starting on the path is literally being baptized. Even as a baby I am pretty sure that counts too. Typically, that decision is made in your twelfth year of living here on Earth or wherever that may be. Then,

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“Let the Games Begin!”.....no pun intended.....:)

(Chapter 5)
Take Care of Your Body
& It Will Take Care of You!

Really! Once you begin the journey, the official journey, you then begin learning how to take care of your body. For me, this began when I was in high school and became a wrestler. They used to call me “The Walking Christmas Tree”. That’s probably because one day I decided to put all my decorations or medals on my varsity sweater. So the next day I walked to school. I walked into the high school cafeteria and then all of a sudden everyone stopped and looked at me. That was because all of my medals, and I really didn’t try to do this on purpose, clinked so loud that it caused everyone in the cafeteria to stop and see what all the noise was all about. Since then.....you guessed it, “The Walking Christmas Tree”what a laugh that was.

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Anyhow, as a wrestler I definitely learned how to take care of my body. Although, eating right was quite questionable. I was so short and skinny I really didn't worry about eating right. I just simply ate, and ate and ate and never gained a ounce. In fact when I did graduate from high school I only weighed a hundred and five pounds, since then I have also gained much more weight.

Now, I have learned better eating habits, particularly since I was diagnosed with diabetes in November of 2013. The nurse practitioner immediately wanted to put me on pills and probably insulin too. Though, I simply told her I would deal with it through diet and exercise too.

In fact, a few months later I embarked on a book called, "Reversing Diabetes", which spelled it out quite simply. It said to keep away from the acidic foods, especially from such foods as "beef", "pork" "coffee", "tea", "alcohol" and "tuna". Likewise, all the rest of the meats were included, along with fruits,

especially the ones with the most sugar. On the other hand, it said that fresh vegetables were the best foods to eat, especially kale, avocados, wheatgrass, radishes, cabbage and anything that really alkaline's your body. Thus, whenever I eat, I do.....I eat lots of green cabbage, veggies, and more.....and, I stay away from the acid foods as much as possible and only eat them in spurts if at all.

Just to let you in on a little secret that I have been doing for at least a couple of years now, is I drink at least one glass of "Daily Greens" by Bolthouse Farms every day. Since then I have noticed that my energy levels have gone up and stay up significantly to say the least.

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(Chapter 6)
“Laugh Out Loud!”

So now that you get the idea of what the first initiation is about, learning to take care of your body and demonstrating that you know how to do this. The next initiation has to do with demonstrating that you can balance your emotions and feelings, that you can keep yourself in check. In fact, this initiation or crisis, as it has been stated, is the most difficult one to take or get through. Thus, “Laughing Out Loud” is a great way to deal with it. It is really great for dealing with deep, stressful moments in life that cause so much heartfelt pain. In essence, the second initiation really involves your heart chakra.

The first initiation involves working with your base root chakra, and sex chakra or second root chakra, for the purposes of pro-creation of course and more. It also involves your stomach or solar-plex chakra that has to do with food and

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eating right. The second initiation on the other hand involves your stomach as well and your heart. You know.....the way to get to the heart of a man is through his stomach. So you feed him God healthy food that really stirs him up all inside. Of course, this most likely works for women too though maybe a bit differently.....don't forget the chocolate.....dddduuuhhhhhhhh!

Women of course tend to be more emotional, as studies have proven time and time again, most likely because of the hormone thing.....but of course. Yet, even that can be dealt with on many levels such as eating the right foods, hormone therapy, exercise, meditation and all kinds of other things. In fact, many other ways that people can really deal with the second initiation stuff is through acting, dancing, exercise and definitely “hatha yoga” or similar. Proper breathing exercises are by far one of the best ways to deal with the emotional, second initiation stuff, along with meditation too. One of the ways that

I definitely was able to overcome so many emotional obstacles in my life was through Transmission Meditation. In fact, I go so far as to say that I definitely believe that it may even have saved my life on at least one or more occasions.

Many times people will become deceased due to heart problems. Usually that is also an indication that the individual/s were more than likely dealing with second initiation problems. Again, an initiation is nothing more than a crisis you and your soul somehow designed so that you would know if you were ready to move onto to your next level of evolution, initiation, development and/or ascension.

Thus, dealing with your emotions and feelings is an essential part of the enlightenment process that will allow you to eventually get there, and we will, we'll talk more about how to change the downward spiral whenever you notice it coming at you.....you'll want to be able to recognize it before it hits

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you.....although, many people don't, thus the heart attack. Their heart simply gives out because it could not handle the stress, the conspiracies, the back stabbing, the violence, the unexpected shocker and so on.

(Chapter 7)
“Mind Over Matter”

This next chapter involves the mind or thinking for yourself. That’s why many times when I talk to especially younger people I definitely encourage them to go to college. Because I know that if they do, it will help them with the third initiation. I know that if they learn to think for themselves it will also help them be more conscious of what they are putting out there mentally, emotionally, physically and spiritually. The more they begin to be more creative, supportive, productive and of service.....the more that all of us will benefit.....and, that can be huge when thousands and millions of students go in this right direction.

Once students and people learn how to cognitize their thoughts, emotions and feelings, and what is going on with their bodies then they can really tap into realms they’ve never thought about before. They can really tap into their

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creative imaginations, a very crucial part of doing telekinesis, remote viewing and being able to teleport, and more. It is suggested that the typical human only really uses about ten percent of the capacity of their brain. If this is true then what can we really do with the rest of it? How much power do we really have?

With this in mind, how many of you consider yourself “psychic”? How many of you have had dreams that have come true? How many of you are able to do telekinesis? The best ways to really tap into all this are through meditation, prayer, reading and “Mind Over Matter”.

It’s like one evening when I was in a wrestling match in high school I was wrestling with a guy that I somehow knew I could beat though just wasn’t doing it. He had a grip on me that was like he was hugging me with his back to the matt. Then, somehow it dawned on me that I cud still pin him with my back to the matt.....so I did, I maneuvered and swerved myself and the other wrestler

until eventually I did.....I pinned him.....even though I had my back to the matt and I was loosing by about twenty points at the time, I was still able to mentally switch my mind and physically beat him.....it's like that!

Anyhow, one thing is for sure.....the way to enlightenment definitely involves using your mind in a God/dess healthy way that will allow you to move forward with your endeavors and be conscious of your path or journey that will allow you to become free of your Earthly insecurities, karma, relationships, chords & ties and more.

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(Chapter 8)
“Just Build It and They Will Come”

This next chapter has to do with the final two initiations, with transformation, transfiguration and into enlightenment. Again, when I am referring to all this I am not just saying, “I passed the test” now I’m done. When I refer to all this, I am saying that enlightenment and ascension are a way of life.....you smell, breath, taste, live, etc. these characteristics on a daily basis. You don’t just practice for them or study for them, you literally live, become and maintain or be them. Therefore, once you get there you do whatever it takes to stay there. Even more importantly, you also move on to other initiations beyond the first “Five Initiations” too.

These last two initiations it is said typically go by the fastest of the five. As you move forward with your endeavors you begin to build a level of credibility with your Guides, Angels, Saints,

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etc.....by simply maintaining your poise with your practices all of a sudden these beings begin to show up and then some.....or actually, they begin to make themselves known, is a better phrase. When they know that you are serious and sincere about your practices I guarantee they will begin to make much more effort in communicating with you.

Therefore, part of the process of going through your fourth and fifth initiations has to do with looking back at past life karma/s so that you can resolve enough of your fourth and fifth initiations to go forward. After graduating from Texas Christian University in 1991 I eventually moved to Sedona, Arizona in June of 1995. When I first moved there I somehow encountered a woman who was a hypnotherapist and probably a Psycho Therapist too.

I don't know how I ended up in her office or why, though she did a reading on me and reminded me of the time my mother had forgotten one of my grade school

birthdays. How horrific was that? I couldn't believe the strange woman even brought that up.....wow, how amazing that was.....I too had completely forgotten about that incident....then, she did a past life regression with me and I discovered that in another life I was a Native American Indian and was in a fight with a Civil War Soldier or a Confederate and we both killed each other. He stabbed me in the back with his long sword and I returned the favor and stabbed him in the chest or something.....anyhow, we both fell to the ground and died, it seemed like to me.....As a result, to this day I can always tell when someone is stabbing me in the back or conspiring against me or attempting to sabotage my efforts because I always feel a stabbing sensation in the middle of my back when this is taking place.

In another session with a woman in Sedona, she too did a past life regression with me. In that session, I somehow came upon another life whereby I was in

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a moldy like barn on a dingy like queen size bed with a woman on top of me. She had long dark hair and was very tall. She had me chained to the bed and was sitting on top of me and definitely was abusing me, most likely sexually in all kinds of ways. About a year or so later I am pretty sure I encountered that same woman. In fact, I ended up moving in with that person and what I call the other wife and both their four kids.....wow, what an experience that was. Eventually, I ended up becoming intimately involved with the perpetrator from the other life in this life, knowing it was only a karmic thing or relationship. Later, we parted ways and I haven't heard from her since, which is of no surprise because I knew we were to clear up whatever karma necessary and then move on.

In another episode of family karma, I had a dream of my two sisters from what I believe to be the future. One day while living in Sedona, I dreamt that the two of them were Asian and would be Sisters again. I can't say that this will be true

one hundred percent though some how I felt it to be quite true.

By the way, just an aside, as we go through this developmental process called life or being human we resolve karma on various levels. Not to say that this is all in consecutive order though it goes like this. We resolve our own personal karma which may actually never go away. Although, we also help resolve our family karma, local or city karma, our state & country karma, world karma and so on.

Therefore, the saying, “We Are All One!” is actually a lot more accurate than you may perceive. Thus, it really is important to be nice to all those around you.....you can never tell when all of a sudden “BAM!” you’re caught up in the middle of some kind of karma or another, that you haven’t even thought about yet, or may want to be involved in.....and, it all hits you at once.....then, what do you do!.....all the more reason to be “BE NICE!”

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Anyhow, much of the transformation process that took place for the fourth initiation for me I believe was in Sedona, Arizona, moving there on 9 June 1995. Soon after I arrived in Sedona, I camped out in my car in the Schnebly Hill area for about a couple of weeks and just hung out at a local café there. I only had about \$27 in my pocket and thought to simply explore the place, play chess and wait till the Humanity Full Moon in June to make up my mind of where to live.

Was I going to live in Phoenix, Arizona where it's incredibly hot or move to Flagstaff, Arizona where it's incredibly cold during the winter.....around the 22nd of June I went into the hills and sat in the back seat of my car and began my full moon meditation. Although, right about half way into it a Native American Indian guy about twenty-something got into the back seat of my car with me.....I don't know where in the hell he came from though he asked me if I wanted to have sex. Very calmly I told him that I was in the middle of a meditation, that I

was not gay and that he needed to leave immediately.....so he did. After he left, I finished my meditation and the next day I made up my mind to continue to live in Sedona. Likewise, that very same day I also lined up four jobs and a place to live as well.

A few years later, after many hikes, drum circles, gatherings, meditations and more, a new phase in my life came about. I had been working all kinds of jobs to try to make ends meet and somehow nothing seemed to work. I ended up sleeping in my car or van to get by on. Then, one day in September 1996, I was laboring as a roofer when all of a sudden I tripped off the roof and broke both my heels. Unbeknownst to me at the time, I also truly believe a local resident from a local church cast a black magic spell on me. Either way, for several months I was in two crutches, which hospital staff said that only airline pilots were the only ones that would end up that way. Was I a pilot from another life, or am I to become one in another life?.....time will tell.

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Likewise, I was also told that it meant that I needed to slow down. So I did, in fact my whole life slowed down immensely.

About two years later, almost to the day, I was in another accident. Only this time it involved me driving a car that was side-swiped by an elderly man from Utah. I was on my way to a Sai Baba gathering in New Mexico on a rainy day, I was very tired from doing homework the day prior too.....I was driving on I-40 with lots of traffic on it when all of a sudden the old man lost it. He hit my car which rolled several times into the middle of the interstate, which was luckily filled with dirt. Then all of a sudden I woke up with two men pulling me out of the car and being flown to the Flagstaff Medical Center in a helicopter. As we were flying I consciously began to relax myself and my breathing. LOL.....all of a sudden one of the medical guys in the helicopter started saying that we needed to hurry up and get to the hospital, that they were loosing me. To this day I still laugh

knowing that my life really is in my own hands.....once I make up my mind.

Throughout the years of living in Sedona I have definitely slowed down. That was my own personal transformation process taking place and that I definitely needed. I have gone from meditating at least two to six hours every day to an average of about 20 to 30 minutes a day. On Wednesdays I still do the weekly two hour meditations and do the full moon meditations once a month, along with special holiday mediations as well.

On the other hand, I have also increased my prayer or program practices to about 25 minutes a day. Additionally, I have been spending lots of time doing service in the form of doing radio shows and private taxi services for both Uber and Lyft, which helps balance out my finances as well. I have also been attending a number of conferences, workshops, expos, etc. as part of my service too.....in fact, this year it looks like I will be busier in that department than usual.....which

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tells me that doing active service is now more of what my practices are all about then not.

For the next and last of the five initiations, my own personal transfiguration process I believe took place when I went to India in 1997. The year prior too, I tripped off the United States Postal Office in Village of Oak Creek, Arizona while helping to put on a roof.....I was also living in Cottonwood, Arizona at the time where I also nurtured my two broken heels with pins in them. For three months or so I had to crawl around in my own apartment because I was not provided with nursing services to help me with my basic needs. I refused to go to a nursing home for rehabilitation and guess that that was the medical staff's way of getting back at me for not doing so. For a while, I really could not walk on my feet because of the pins in my heels and the amount of pain they caused.

On a much better note, I can say that one of the great things that came about from all this part of the journey was that a neighbor and I, out of the blue, simply decided to go to the Grand Canyon in his truck. It was quite funny and awesome to go there with my feet the way they were. He put my wheelchair in the back of his truck and I had a handicap placard so that we could get in for free and drive along the rim too. So we did. At the time, my heels had healed quite a bit so that I could walk on both casts a bit. Thus, we went from sight to sight whereby I was able to observe the South Rim and take photographs too. Wow, what a treat that was for the both of us.....I was definitely grateful to him for the ride.....although I gotta say, man did my feet taking a beating that day.

Anyhow, right around then I had a Sai Baba dream.....they say that you only have dreams with Sai Baba in them when he consciously wants you to dream about him. In this dream I was walking on a sidewalk from grade school in Gridley,

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California. I recognized this because I remember the sidewalks there being somewhat wide and high. It appeared that Sai Baba was sitting in a lotus position on that sidewalk with his back against the wall. I passed him by then I walked back and sat in front of him also in the lotus position.....the funny thing is that even now I don't sit in this position because it's too hard on my knees and legs.

None the less, I asked Sai Baba, "When may I come and visit you?", he said, "in May".....as I was asking him this question I also, in a circular motion, put my hands out to him in a cup position to receive some vibhuti.....somehow, I knew he was going to give me some vibhuti and he did.....he started pouring Golden Shimmering Vibhuti, 5th dimensional heart based energy, into my hands which all of a sudden started to shake because the magnitude of the energy was so powerful.....then, all of a sudden some of the vibhuti streamlined somewhere else to someone else.....I

couldn't tell where or to who it was going to though I was quite taken by the mystery of all this, taking place around December of 1996.

The following month, January 1997, I moved back to Sedona, Arizona. Again, I was living in Cottonwood and now living back in Sedona with the two wives and four kids, crutches and all! Somehow, I managed to go back to school, to Yavapai College in Cottonwood, and went back to work.....working for a couple who had a contract with the Psychic Readers Network.....I had to fill out a formal employee application and even give references, which several of my friends volunteered for at the time because they knew my astrology skills were capable.

I actually began doing astrology charts years ago when I did a study abroad program through Texas Christian University in England. There I had a computerized chart printed up for my birthday and bought an astrology book called, "Secrets From a Stargazers

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Notebook: Making Astrology Work For You” by Debbie Kempton Smith, so that I could learn to interpret my chart. I then began practicing on other people’s charts, reading other astrology books and soon I was considered a professional astrologer for the Psychic Readers Network.

After living with the two wives and becoming involved with one of them, we both came to a cross road. She had been a long time devotee of Ammachi, “The Hugging Saint” and wanted us to do the tour with her acrossed the United States that summer. After the dream with Sai Baba, and now having enough financing to visit him in May 1997, it was pretty clear what I had to do for myself. Of course the one wife or girl friend wasn’t happy about it though I did.....I sold my car, quit school, quit my girl friend, quit my job, moved out and went to India for almost two months.

Although, before I did I had a private conversation with Sai Baba while I was driving to Cottonwood one day.....I said,

“Sai Baba, I know who you are.....I don't have to go all the way to India to know who you are.....if I go to India I want it to be for something that's both beneficial for you and myself”.

Thereafter, I went to a travel agent and got my ticket to fly to India. First, I took a bus to California and stayed with one of my sisters, then left. I flew into Madrid and struck up conversation with yoga student from the East Coast. We ended up staying the night in a nearby hotel, got up early in the morning and took off first class train to Bangalore. She was on her way to Mysore, where there was some big yoga training taking place, and I was on my way to Whitefield, the location where Sai Baba was at.

When I first arrived, I got on a rickshaw and asked him to take me to Whitefield.....I didn't know where in the hell it was or what Whitefield was though knew I had to go there. Initially, the driver took me to a hotel called Whitefield Hotel.....I said,

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“nnnnooooooooooooo”.....I said, take me to the Whitefield where Sai Baba is at.....he said oooooohhhhhh, ok.....so he did, he took me to Sai Baba’s ashram located in a small suburb of Bangalore called “Whitefield”.

When I first arrived, Sai Baba had just finished one of his darshans, gatherings where he blesses people. I got settled in. I had to get a mosquito net for my bed and the bed was only a little mattress with barely enough cushion to sleep on. Wow, glad I was younger when that happened.

Immediately upon getting to the ashram I take off my tennis shoes and kept them off the whole time there in India because the pins in my feet were rubbing my shoes and it hurt badly. So, I simply wore sandals the rest of my time there. I also began going to all the darshans that Sai Baba did beginning with the one on the evening of the day I got there.

As I approached the mandir or meeting hall where Sai Baba did his blessings, there were about two to three thousand people there at the time, I was asked to get into a different line because of the injury to my heels. The line was for the elderly and injured, and went in first. We sat on a bench where you could see over everything, particularly Sai Baba walking around and interacting with the audiences. What a great spot I thought.

Then, Sai Baba entered the mandir and walked ever so gracefully to all the audiences in the area. He would talk to people, manifest vibhuti out of thin air for them and would take letters from people written by who knows who. In fact, I had a number of these letters written by people from the Sedona area to give to Sai Baba. Typically, they were written by people wanting a personal interview with him, or wanting him to answer some kind of prayer or another. A day or so later, I went and sat down amongst the regular crowd and gave the

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letters to Sai Baba, which is said are answered even before he touches them.

A day or so later I also bought four bags of vibhuti from the ashram store which were about the size of a baseball. That day I went and sat down amongst the regular crowd again so that the vibhuti bags could be blessed. I sat next to a “Sava Dal” or ashram security and Sai Baba passed by. He looked back then went along his way mingling with the people. I thought, “isn’t he supposed to touch the bags for them to be blessed”. I then relayed this to the Sava Daul and he said that Sai Baba only needed to pass by and they were blessed.

Afterwards, I was with a few individuals and told them this same story. I said the Sava Daul said.....and then all of a sudden my hands started to shake with the four bags of vibhuti in them. I could feel energies pouring into the bags so powerfully that my hands were vibrating incredibly strong.

The funny thing is that I gave one of the bags of vibhuti to a group of local Italians who had adopted me as one of their own. You see, when people go to the ashram they form into groups symbolized by flags that they make up and wear around their necks. Therefore, if Sai Baba calls one of them in for a personal interview during the darshan, then all the rest of the group members follow suit and join the member in a private meeting with Sai Baba inside the mandir, after darshan takes place. In this meeting room, Sai Baba talks to all of the members one on one, manifests vibhuti, manifests jewelry and all kinds of things. On the other hand, if people don't get in for an interview on their visit there, then they typically have a dream with Sai Baba in it with some kind of special message or something.

One day, the real magic took place when we were still in Whitefield and doing bhajans with Sai Baba. Typically, when you formally go through an initiation there is usually at least two beings there

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to assist you and witness the process. When you go through the first two there is usually an advanced initiate and/or a disciple there for you. Then, as you graduate into the more advanced levels a Master or Saint will show up for your third, fourth and fifth initiations. Which is why Sai Baba invited me there to begin with, I didn't realize I was going there for an initiation. I took the leap of faith and there it was, right in front of me.

Nevertheless, that same day Sai Baba was sitting on his throne made of red velvety material and singing away. I was meditating as usual, basking in the energies of it all which felt incredibly awesome. Then, I looked up and all of a sudden he pointed a finger at me. There was a laser like energy that came from it which pierced into my chest. Next thing you know, likewise all of a sudden a beam of light came from his third eye to mine for a few seconds and all of a sudden a woman got up from the crowd and started walking towards Sai Baba like a mad woman or something. Which to me

was confirmation that there was definitely something taking place from all this. The woman was escorted out of the mandir and taken somewhere else, and I was left to make heads and tails of it all afterwards.....wow, what an experience that was.

Just the same, about one or two days later many of us got into a bus, or two or three buses, and traveled to Puttapharti, India, where Sai Baba's main ashram was located at. Immediately, the darshans turned from two or three thousand people to eight to ten thousand people. We were all put up in quarters, with myself being placed into an apartment style of place. Immediately the day we got there I had a burning sensation on my chest and on my back. The one on my chest was a small quarter sized sun burn like thing that was taking place and the one on my back was about the size of a melon. It hurt so bad that I had to have someone put lotion on it, and I put lotion on the one on my chest as well. In essence, what I believe took place was

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that Sai Baba burnt cancer out of my body with the laser beam going into my chest. Likewise, with the beam that went into my third eye area was I believe my fifth initiation of transfiguration. The rest is HISTORY!.....:)

Although, just to finish, why I traveled so far for a visit with Sai Baba, and him healing me, along with him initiating me were only the half of it. At the time, and I still do, whenever I would go somewhere of this magnitude typically there were and always is a number of reasons for journeying into such a venture. Again, at this time I had still not had a formal personal interview with Sai Baba and I had not had a dream with him in it yet. Would I still be having an interview with Sai Baba? After all I had already sent a letter to him months prior too for an interview with him.

When we arrived to Puttapharti, I learned that the ashram was planning on hosting its first “World Youth Conference”. In fact, about a week or so

after we got there they started rolling in.....they rolled in by the thousands, to about 65,000 people by the time I left. Right away the Malaysian group started organizing the show for the event. Several of the countries had already prepared a skit to do on stage in front of Sai Baba and 20,000 other people. Thus, the Malaysian people were in charge of organizing the Broadway Style show for the event. Somehow or another I ended up helping to assist directing the event. I helped coordinate the skits and fine tune them for the show. And, of course the Malaysians decide to throw me into the show as well. Towards the end of the show we sang one final song for the event and then the show ended.

Prior to the show and during the show, I wound up trolling the area making sure the differing groups were ready for their turn. Before the show I was in back of the stage when all of a sudden Sai Baba came in. He walked amongst us in the back, talked to a few people then moved on to sit in his seat at the front of the

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stage. There it was.....that was my “innerview”. Anyhow, I helped out with costumes, getting people in line and all kinds of things. Then, I went on stage and performed with the other people in front of Sai Baba and 20,000 other people.....what a hoot that was.....and so now the real journey begins.....;)

In “Maslow’s Hierarchy of Needs” it has been stated by Abraham Maslow that there a number needs that need to be met when one becomes “Self Actualized” or “Self Realized”. In essence, he states that first one gets his/her basic needs met such as food, water, shelter. Next, people get their safety needs met. Then, their thought emotional and self-esteem or mental needs met and finally they become “Self Actualized”.....although, what is significant is that when one becomes “Self Actualized” what are their needs?.....No offense, nothing personal to Maslow, though the needs of the Enlightened, Self-Actualized, Self-Realized, Ascended Master are TO DO SERVICE OR BE OF SERVICE!

Below, the original Maslow hierarchy of needs five-stage model includes:

1. Biological and Physiological needs - air, food, drink, shelter, warmth, sex, sleep.

2. Safety needs - protection from elements, security, order, law, stability, freedom from fear.

3. Love and belongingness needs - friendship, intimacy, affection and love, - from work group, family, friends, romantic relationships.

4. Esteem needs - achievement, mastery, independence, status, dominance, prestige, self-respect, respect from others.

5. Self-Actualization needs - realizing personal potential, self-fulfillment, seeking personal growth and peak experiences.

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Section III

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Clean Up Your Temple

The first two sections were the foundation and practices for making it all happen, for “Engineering & Designing” your lifestyle the way you want it to be. This next section is the magic or active manifestation process or active intelligence that makes all the rest of the stuff happen.

Once you get into the habit of the practices that get you onto the fast track to enlightenment, to ascension then you can begin to co-create with God/dess and make other things happen.....once you get into a regular daily routine of prayer, meditation, reading spiritual/inspirational works, listening to music/mantras/affirmations, and doing service for the animal kingdom, plant kingdom, mineral kingdom, spirit kingdom, human kingdom and/or whatever else then the real adventure begins. Although, before we go any further, part of the process begins with

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preparing and cleaning up your temple, ashram and/or sacred space.

One of the best ways to begin with all this of course is to clean up your temple and get it reasonably organized. Just like your body, so you don't get sick or injured, you'll want to make sure that any clutter that exists there is cleared and cleaned up, which will be and is reflective of your lifestyle too.

You'll want to get rid of any unnecessary debris, such as trash, broken down things, clothes you no longer wear.....you may wish to fix up your plumbing.....or, fix up your garden or add one, or put some plants in your room, etc.

You may consider feng shuing your place.....you can read books on this, find YouTube videos on it or consult a specialist. Either way, the idea is to make sure your place is as energetically comfortable as possible so that your temple, ashram and/or sacred space is safe, secure, loving, kind and

**comfortable for yourself and your guests.
And, you will.....you'll notice the
difference and so will they.**

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(Chapter 9)
Altars, Spiritual Security &
Protection

Once, you add crystals, heartfelt music, feng shui and bless your space.....once you smudge and seal in the energies with sea salt.....once you invite Arch Angel Michael, Your Guides, Your Angels, Your Ancestors/Tribes/Group Soul Members and whoever else to oversee, safeguard, protect and bless your space, then you can rest assured that you'll be able to have a safe place to conduct your practices in. Therefore, you'll practically never have to fight yourself on whether or not you should do your practices because some negative energy source or another is attacking you or trying to distract you from who you really are, what you're really all about, from doing your Service.

Nevertheless, I was interviewed by a Radio Show Host in the Los Angeles area

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one day and we got to talking about protection and sacred places such as Sedona, the Pyramids, Stonehenge, etc.....either way, I made it very clear that those places are only sacred because people take the time to help make them sacred.

Therefore, you too can make your place sacred by placing an altar in your home, your office, your room or wherever. When you install an altar into your place, which doesn't have to be anything fancy, it's the things that you put on it and bring to it that make it sacred.

For example, you'll want to put things on it that represent the elements of Earth, Air, Water, Fire and Etherics.....such as wood, crystals, incense, etc. for Earth. You can add to it sacred books, a fan, feathers, etc. for Air, and even Eagle or Hawk feathers that can make it very sacred. Likewise, you can put some jar, glass or some container with water in it for Water, and put a flower in the vessel/s if you wish.....likewise, you can

add pictures of a fire, candles, incense, etc. for Fire, along with pictures of Saints, Angels, Your Family & Friends and/or Angels. Finally, you can even add a mirror that will cut through the etherics and help ward off negative or evil spirits.

One of the things to consider is that you'll want to place the altar in a safe, quiet location so that whenever you do your practices you can be in front of it facing the East. That's where you'll be able to do your magic without being disturbed.....you'll want to keep it clean because that's also where all the elementals, fairies, angels, etc. will be playing at, and if they have a place to play that means they will also help you on a daily basis in whatever capacity they can.

So now you have a safe environment or safe place to play in, be sacred in and find yourself in, then what? One other thing that you can do to ensure you have safe environment and/or sacred space to play in, and we talked about this earlier, is to

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constantly play uplifting music and/or high spirited messages in the background in your place. This could literally prevent injuries and all kinds of things. For example, the elementals may somehow help you or communicate to you that there's a tool on the ground, if you don't pick it up right away then you could get injured. Or, they may warn you of your plumbing being broken which should be fixed right away so that you'll have hot water in the morning.....get the idea, thought is energy and energy follows thought.....the question is, do you want to co-create happiness or misery?

Other things that you can do to clear your temple, ashram and/or sanctuary of unwanted or negative energies and/or entities is clap.....with your hands clap in all the corners of your place, especially the bathroom, kitchen and closets, along with the rest of your space.....if you hear a loud, crackling sound that usually means your ok.....if you hear a kind of thug, then that tends to mean that there

is something or someone there.....therefore, you simply keep clapping until it goes away.....most, ghosts, entities, etc. don't like the clapping sound so will leave, at least for a while.

Another thing that ghosts do not like is smoke.....thus, burning incense should help dispel them....likewise, you can imagine your whole place under the ocean, a place like Hawaii where all the water is clear blue and you can see for a long way. Additionally, if that's not enough you can imagine a purple tornado going through your whole house, apartment, etc.....as you imagine the tornado going through everything you can imagine the negative debris being sucked into the tornado and it taking it away when it finally disappears.....of course, other things you can use to clear your place of entities and negative energies is to put mirrors in front of the bathroom doors, your front door and bedroom door.....and you can use aromatherapy too.

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Finally, for the advanced adepts or initiates.....one last thing you can do with ghosts, entities, etc. who have not been invited into your home is to coax them back into the light or spirit world. One evening in the Phoenix area I was invited to stay with a family for the night because I was in the process of finalizing the creation of some very special post cards. My bed for the night was in their living room and I decided to go to bed early so I could get up early in the morning and get the day going. None the less, I was getting nice and comfy and settled when all of a sudden I sensed a female face right up to my face. My head immediately flinched back and I looked at her face. She seemed to be giggling and smiling at the same time....I said "who are you?".....she did not seem to reply so at that moment I began to talk to her with a soothing voice, telling her to go back into the light, she would be safe there and that her family was waiting for her there.....I kept saying this over and over in differing variations and finally she disappeared.

The next morning I got up early and there was already breakfast being served on the table. I went and joined the rest of the family at the kitchen table whom were all there ready to eat. I bid them all good morning and started out with, “did you guys know there was a ghost in your house?”.....they all started laughing saying, “we thought we had already gotten rid of her”!.....I too giggled and said that if she wasn’t gone before she was probably gone now.....later, that day I went and finalized the six different photographs that were made into 16,000 Sai Baba post cards.....additionally, a few months later they were sent to Sai Baba to be blessed and activated, then several hundred of them were sent to the people after the “911” attack in New York for healing.

In another instance, this time in dealing with an entity or evil spirit, I was living in the Flagstaff, Arizona area at the time. My Marine Corp roommate was in Houston, Texas visiting his daughter and his grand children for about a month. I

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was interviewing with a psychic out of England that was going to join us on “The Golden Age Psychic Show”, a two hour show where we have two to five psychics doing readings for show guests in a round-robin style. By the time we get done they get an ear full and typically are satisfied enough to make decisions for themselves with whatever is going on in their life.

Either way, this woman had helped solved ten murder cases which were all convictions, one-hundred percent. I had her do a mini-reading for me to check out her reading style, then I asked her to do some remote viewing for me.....you see, I knew she was a remote viewing specialist and I wanted to cross reference her skills.

So, I asked the woman from England, it was probably about 3 or 4 am there, how many beings she sensed in the mobile home where I was living at. She said she picked up two people and that everything seemed to be white, which all the walls

were white in the place. I told her she was half right and half wrong.....I told her the walls were white and that I was actually the only one in the place.....I told her, she was probably picking up an entity in my roommate's bathroom next to my bedroom.....I said I had noticed noise in there at night thinking that it was my roommate being weird trying to listen in on my conversations.....and only at that moment did I realize that there was an entity in the place.....apparently, his wife and killed herself, I then realized it must have been in his room or bathroom.

Next, I asked the Psychic to help me clear her out of there.....so, I talked to the entity and tried to coax her into going back into the light, with her family and loved ones.....I told her it was safe there.....I kept repeating this and nothing seemed to work.....then, I started telling her that I loved her and began to repeat it over and over again, saying "I love you, I love you, I love you, I love you, I love you....." about 20 or 30

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times or so.....then, all of a sudden as I was saying this really fast I felt a gush of air and energy going through my face and head.....I then knew she was gone.....after that I never heard her again.....then again I moved out shortly after that.....:)

(Chapter 10)

Lifelong Goals & Vision Board

As we progress into really getting ready for the real magic and doing it, it's important that you also go from having faith, to believing, to knowing. That's what will be key to the manifestation process that will allow you to co-create with God/dess. Therefore, it is also important to know what you want out of life, what you want to accomplish and experience. Which, means knowing what your "Lifelong Goals", and having a "Vision Board" to support it.

I've done this before and it's worked incredibly well, though for starters you may consider putting together a set of goals that will give you a personal guide post on where you're headed and where you want to be. Later, if you don't like them or they've simply aren't working then you can revise and/or change them.

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Therefore, on a piece of paper you'll want to list a number of things you want in your life over various periods of time.....these periods of time can be "Lifelong Goals", 15 year goals, 5 year goals and 1 year goals.....for example in your "Lifelong Goals" you may list getting married, having two kids and retiring in a tropical area.....you do want to be reasonably clear with these lists so that the Universe will bring you what you really want.....for your 15 year goals you may list having your house paid off, a new car and motorcycle.....for your 5 year goals you may list being settled into a good career position.....and, for your 1 year goal you may list going to a good concert, traveling to Italy and/or finishing up a college class.....or whatever.....again, you'll want to be clear, concise and list as much detail as possible. Then, you'll want to place the paper/s in a safe place where you'll be able to refer back them over the years and make changes or check off the things that come to pass.

In addition, you'll probably want to support your goals with at least a couple of things that will help reinforce your lists. One of them is to do a "bucketlist", where you list all the things you want to do or experience in life on a piece of paper. Likewise, you can do a "Vision Board".....on a large 2' x 3' cardboard or similar, you can tape and/or glue pictures of things you want to manifest into your life. You can place pictures of cars you like, countries or places you want to visit, a type of house you want to own and/or live in, a family you want to be with, affirmations, mantras, prayers and much more. The idea is to fill up the whole board with whatever you want to bring into your life and keep in the back of your head until it gets there.....additionally, you can place the cardboard and the "Goals" paper on your altar or above it so that it will be there to constantly remind you of your intentions and co-creation with God/dess, of your true life purpose.

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(Chapter 11)

The Master Soul Cleanser Program

For this section, we're going to go deeper into your psyche, deeper into your stuff that needs to be cleared before we get to the bigger picture of it all. In this chapter we'll be talking about a program or technique I designed years ago though have only worked with for the past couple of years or so.....I decided to embed or integrate it with this journey because I know it is a very crucial step to take before you move on into your higher self, before you move onto to playing with the big boys and girls out there.

“The Master Soul Cleanser Program” is composed of about seven parts and is designed to clear you not only on a physical level, though on an emotional, mental and spiritual or soul level too, in the past, present and future. It consists of Forgiveness & Release of your family, friends, etc.; inner child/inner womb techniques; ascension seat meditation

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and prayer; removal of etheric implants; karma, chords & ties clearing; the immersion program; and, the “Divine Life Plan” or “True Life Purpose” clearing, programming and/or reprogramming. It’s a session that takes about two or three hours. I’ve had people cry and have all kinds of experiences with this. Nothing surprises me and typically people seem like new, transformed or changed people when we’re done.

When I begin this session, I have guests sit in a chair, and place a chair in front of them. I ask them to breath in the Golden-White-Christ light in through nose and breath out all the negative energies from their bodies through there mouths x three. I also ask them to imagine a miniature ball of Golden-White-Christ light right above their head, showering them with light into and around their body, completely saturating their body with this light.

I then ask them to send a beam of white light about three hundred feet above

their head, all the way down through their bodies and into the center of the Earth's core, which again is like a miniature Sun.....once the beam is connected and centered into the Earth I ask them to bring the beam of light back up through their body and out of the top of their head, showering the place like a water fountain.

Next, I ask them to ground their self into the Earth by imagining beams of light coming out of their feet and their tailbone so they'll have three beams of white or silver light rooting into the Earth like a tree. Then, I ask them to send the roots throughout the Earth, deep into the Earth, and wrap those roots around the center of the Earth's core like a ball of yarn.

Finally, I ask them to take another three deep breaths and we begin the process of "Forgiveness and "Release" techniques. With this in mind, we start out with the guest facing the empty chair, only it really isn't empty.....I begin with them

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imagining their father, mother, sister, brother, etc., any individual they feel they want to clear themselves with.....then, I have them verbalize the programs out loud so that I can be sure they are doing the right program, if at all.

At first we'll do one person at a time, then we do the whole spectrum at one time.....I start out by having the guest look deeply into the person's eyes, then I have them say the following out loud with me, "(Name of Father, Mother, Etc.), we (Yourself, Ancestors, Tribes, Group Soul Member, etc.) appreciate your presence in our life, your very beautiful, we love you very much and we are very proud of you.....Let it be known, You are a Beloved Child of God/dess and you are Free to Go Now on all levels and dimensions in the past, present and future.....please forgive us for all wrongfulness we've ever done to you, are doing to you, or will do to you; and we forgive you for all wrongfulness you've ever done to us, are doing to us or will do to us; and may you be blessed along your path.....Amen". For the

Whole Spectrum we simply say, “To all those in our past, present and future that we’ve ever encountered, as well as all those in need and concern, we appreciate your presence in our life.....”

For the inner child/inner womb technique it’s similar to the above though a bit different. We start out with reinforcing the “Forgiveness” and “Release” techniques with one of the guest’s inner children. Typically it’s their self at about the ages of five through seven years old.

I tell them to go back in time when they can remember their self as a child. Again, I have the guest imagine the child sitting on the chair in front of them. I have them look deeply into their eyes, then I lead them through the “Forgiveness” and “Release” techniques and hold a conversation with the child that goes something like, “(Name), I really appreciate, love and care about you so much. You’re always welcome in my life.....you’re welcome to come visit me

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and talk with me whenever you want, as long as you want, however you want.....likewise, always know that you'll always be safe here with me.....thank you very much for your presence”.....afterwards, I have the guest communicate whatever else they want to with their inner child.....when they are done I'll have the guests hug and hold their inner child for at least a couple of minutes and really connect with him or her.....I'll also let the guest know that they can invite their inner child to stay with them for the rest of the session if they want.

For the inner womb technique it gets even deeper. Again, we start out with doing the “Forgiveness” and “Release” programs with all of the guest's Mothers of the past, present and future, at the same time. I ask them to bless all their Mothers of the past, present and future for baring them in the womb, and while they're in the womb. I walk them through creating an etheric altar in the womb, that's to be there in advance,

while they're living there. We bring in incense, flowers, crystals, pictures of their families, pictures of Angels & Saints, candles, a mirror, a bible or sacred book/s, and so on.....we also ask that several Saints and/or Angels be present while they are there in the womb and ask that these beings bless the guest, their birthing process, their shared womb with their Mother, their altar and their Mother.....in advance, we ask all this for all the Mother's that will be baring the guest throughout their future selves.....:)

The next segment involves "Ascension Seat Meditation" and pretty much the rest of "The Master Soul Cleanser Program".....the ascension seat of a place is basically the sacred space of that place.....anyhow, for this part of the session I typically do the setup then have the guest do prayer while I do the rest.....thus, I will first place us both in a giant ball or merkaba bubble of white light.....then, I have us taken to the Ascension Seat of Helios.....there are

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other Ascension Seats though this is the one that I use for this program to avoid confusion.

Once we get to the Ascension Seat of Helios, I'll ask the guest to simply do prayer, to pray for their family, their friends for healing, education, career and whatever else, while I do the rest.....once they're done I ask them to simply sit still and quiet until I finish.....thus, I begin by having Arch Angel Michael removing all implants from the guest's bodies (physical, emotional and mental) and replacing them with light and love. Next, I'll do a Karma, Chords & Ties clearing on the guest and have them replaced with light and love. Finally, I line up the guest with their "Divine Life Plan" or "True Life Purpose" so that they can go forward with their endeavors and do that which they came here to do.....if there were any discrepancies, now they can be back on track again.....:)

(Chapter 12)
Tantra – “Sharing is Caring”

Tantra is a very interesting experience yet very different for both men and women.....over the years I’ve realized that being enlightened is a way of life, and so is Tantra. It involves a safe-sacred place to practice in, setting boundaries, non-violent communication, intention setting, right healthy sexual practices, eating right, taking care of your body, ice breakers and bed-time stories.....that’s right, “bed-time stories” or fantasy, which is very important for communicating via telepathy, remote viewing, teleporting and more.....Tantra is the union of one or more people coming together in a very sacred-special way that can be both magical and involve magic too.....Tantra can be and is sexually healing for most people on a physical, emotional, mental and spiritual level too.

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When I first begin doing this session, I let the guest know that the session is purely for educational purposes and ensure that the guest has done their prayer and meditation practices.....by now they pretty much have or should have some kind of regular routine going.....if not, I do the practices with them, then we begin the Tantra session.....on the other hand, others do a puja or ceremony that call in particular God/desses or certain attributes such as abundance, health, prosperity, etc.....Either way, once we're finished with sanctifying our space or place, I go even deeper by placing the both of us in a Merkabah bubble of Light & Love and take us to the Ascension Seat of Helios where we do the rest of the session. After this, there are numerous directions you can take though the most important thing to remember is to make sure your space is safe, secure and sacred for all the parties involved so that you can gain the most benefit out of the experience.

At this point, we begin by taking out of the bubble the things we don't want in the experience such as hate, violence, prejudice, abuse, jealousy, etc.....thus, with hand motions we physically imagine grabbing these energies, thoughts, ideas, etc. and throw them out of the bubble.....afterwards, we continue with bringing in the things that we want into the experience such as love, yummy sex, appreciation, passion, compassion, fun, silliness, fun, joy, happiness, integrity, awesomeness and more.....again, we imagine grabbing them out of thin air and bring them into the bubble with us.

Typically these sessions are done over the phone.....I will ask both men and women to imagine being in a “yab-yum asana” position with their partner or some partner. The “yab-yum asana” is typically when the male sits in a lotus position with their legs crossed in front of them, and the female sits on top of the male with their legs wrapped around them. If this is too painful for the male then the individual can sit with their legs

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stretched out or even on a chair with the female on top or simply in front of the partner or even side-by-side to each other if necessary.

At this point, there are varying exploratory exercises you can do, before you move onto engaging with one another.....this allows you to establish boundaries in terms of what you feel comfortable with and what you don't.....if you don't feel comfortable with something then you can verbally say, "I don't feel comfortable with this" or simply move their hand away from your cheek, chest, etc., or both.....you can also establish a safe word, such as "white out", "mirror" or "bottle", that will allow the both of you to know that you need to stop the exercise and talk about it, or simply go onto another exercise, or you need to stop the session in general.

Once you do the sanctification or introduction phase, you can move onto the exploratory phase with all kinds of

exercises perfect for this.....you can do eye-gazing.....which is an exercise where you simply look deeply into each others eyes for five, ten, fifteen minutes or more.....there's no need to rush, there's no need to explore anymore or less than you want to. While you're eye-gazing you can also touch each other's faces, chests, arms, hair, etc.....you can focus on each other's breathing, breathing back and forth into each other's mouths.....you even can go deeper, breathing in the Golden-White-Christ-Light into each other, circulating the energies into each other's bodies.

In another exercise, I ask guests to connect with their yoni's and lingam's.....for this part I ask guests to do the "Forgiveness" and "Release" technique with their yoni or lingam, then ask them to continue to talk to them as they would with their inner child.....although before this, I ask guests to ask their yoni/lingam for their name, which they usually get.....next, I walk both the guest and their

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yonis/lingam in a program whereby they command all those present in their garden to leave and only those that are right healthy relationship with them to be allowed to stay.....likewise, I walk them through setting boundaries in that only those that establish and maintain right healthy relationship with them be allowed to enter and stay in the garden as well.....:)

Again, there are all kinds of intimate practices that people can do which can be incredibly healing.....once you get past the exploratory phase you can begin to tap into the engaging, magic or co-creation phase whereby penetration, activation and inspiration take place.....although, it is important to know that all parties involved have the understanding that wherever and whenever you want to stop, no one should feel shamed, guilty, angry or whatever because of it.....everyone has a right to right healthy sex and intimacy no matter what.

Nevertheless, when it comes down to engaging, magic and co-creation it's important that both the vessel and the wand are prepared for the process.....the female's yoni becomes alive when her vessel is filled with all kinds of magical, vibrant, healing energy....it becomes a sort of magic hat.....thus, prior too, as above, the vessel should be cleared of all unwanted debris, such as physically being cleaned, and cleared of all unhealthy entities.....it should also be sanctified or blessed with flowers, and be filled with Goddess, healthy, nutritious food.....the owner of the vessel should also bring in their Guides, Angels, etc. and ask them to protect, safeguard and bless the vessel, the session and whatever else.

On the other hand, the lingam becomes a wand or power stick used to create the magic that is inserted into the yoni to create abundance, babies, careers and more.....it becomes the article of insemination, initiation and/or transference that is used to fill the

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female's yoni, vessel and body with love, joy, happiness, compassion, babies and more, allowing all of the above to flow from the male into the female.....not necessarily forcing this exchange at all.....:)

Finally, there are numerous other tantric practices that will help you heal in this department if you really want and/or need it.....you can do sacred or erotic massage, use foods, use toys, work with non-violent communication, utilize texting, integrate fantasy, play games, play with water, and much, much more.....again, the most important part is creating, establishing and maintaining a safe, secure, sacred environment in which to play and practice in.....which, can and usually involves having an altar, eating right, setting God/dess healthy intentions, setting God/dess healthy boundaries, etc.....:)

(Chapter 13)
Let the Manifestations Begin!

About three and a half years ago I was involved with a brunette from Massachusetts and I was invited to attend an open house to a business management school in Phoenix. I had a 1995, Chrysler Cirrus with over 200,000 miles on it, literally on its last legs.....the lover I was involved with decided not to go, and her instincts were correct.

Just the same, I arrived there on Friday afternoon, got a room and got settled in for the night. Later that evening I did one of the radio shows, then went to eat dinner with the rest of the gang.....there were people from all over the world there, so I mingled then went back to my room for the rest of the evening.

The next day I did my routine practices, ate breakfast, then went to the introduction classes they had set up for the weekend.....I learned about their

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structure, the rates, ask plenty of questions and met some acquaintances.....although, a peculiar thing happened when classes were over and I went to freshen up for the evening's festivities.....I got in my car, put it in reverse and went back slowly.....all of a sudden my car made a weird noise and went clunk.....it would hardly move.....so I got out to inspect it and the car seemed lopsided in a weird way.....immediately, I simply locked up the car and walked back to my room.....I knew something serious was up and decided to put it off till the next day.

So, I went to eat dinner that evening, along with attend the entertainment they had setup for us and simply enjoyed it for what it was worth.....I fed fear as little as possible so that I could focus on the crisis the next day with ease and grace.....everything ended around 9:30 pm so I went back to my room and immediately went to work.

I did some clearings, prayers or talked to those beings that would/could help me from the other side, and I asked my lover to spiritually support too.....then, with clear, focused intentions I programmed or activated manifestations that were designed to support me in this quite serious crisis.....my car was my only means of transportation while living in Sedona, Arizona and that would have meant a major set back for me.

Thus, I programmed having someone show up the next morning to help me with fixing my car, and having enough money to pay for parts if necessary.....then, I designed a manifestation that would allow me to stay one more day at the motel where I was at, which was run by the school.....the next day that's exactly what happened.....I went to breakfast and got hold of those that were in charge of the school who authorized me to stay one more day.....at first those in charge of the hotel refused to do so, though once I talked to the head of the school that all

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got changed around.....likewise, about that same time I also encountered a man from the school who lived locally and helped me replace some kind of arm connected to the drive shaft of my wheel on the driver's side.....in fact, it appeared that if I had gone much further and was on the interstate, I could have got killed and would be dead right now.

So, the God Samaritan helped me change the arm, between the two we barely had enough money, yet this was not enough.....the ball baring at the bottom of the arm would not go in right.....we needed some kind of special tool and it simply was not going to do.....lucky I asked for the extra day.....so, I went back to programming more manifestations and asking those on the other side for their assistance, guidance and help.

This time I designed manifestations that would allow my car to be toad to a place where I could have someone finish the job by 2 pm the next day, and that I would

have more than enough money to pay for it too by the time I left.....that's exactly what happened.....the next day, I made some phone calls and found someone that would fix my car that day.....next, I called my roadside insurance and had my car towed to the mechanics place, which was about nine miles away, one mile more than my insurance would allow.....so I had to pay an extra five dollars, which I somehow had in my car, lots of change that is.....then, the driver became arrogant with me, demanding I pay him the five dollars before we even left.....that was smart!.....because when we got to the mechanics place the idiot damaged my car, which ended up costing his company \$500 in compensation for the damage.

Anyhow, as soon as I got to the mechanics place I immediately got on the phone to generate or manifest at least \$200 to pay for the work done on my car that day.....actually, I ended up manifesting \$350 that day to pay for my car being fixed and I ended up leaving the

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shop right before 2 pm that day.....WOW.....what a relief and a hoot that was.....:)

I've had numerous other days that were just like this.....some of the manifestations took longer than others though many of them came through just like clock work.....the ones that haven't come through or did not come through either are still work in progress or there's something or another that's missing, or the karma is not right for it, or whatever.....Manifestation or Programming are like an instrument.....you practice, practice, practice and sooner or later you'll get it right, you'll get God/dess at it, then you'll utilize it for the betterment of mankind, the animal kingdom, the plant kingdom, the spirit kingdom or some kind of other service.....otherwise, anything less than that would be a waste of your time, my time and a waste of service.....):

So how does all this work.....for starters.....I coupled a number of

techniques together to make it all work.....I asked that my car, motel room and building it was in to be immediately cleared of unnecessary or unwanted energies and entities, and be replaced with light and love.....then, I asked for them to be protected.....next, I asked my Spirit Guides, Angels, Ancestors, Tribes, Group Soul Members and whoever else to come forward and assist me, guide me and help me with the situation, and that those whom were going to be part of the process of helping me to be blessed in advance.....then, I designed the program/s or manifestation/s to be installed and activated.....and by that I mean that they be brought about in the form of questions, and that anything in their way be instead replaced with light and love.....

So the designs went something like this.....“What will it take to have someone show up tomorrow morning and help me fix my car with ease and grace.....all that’s in the way of all that be immediately, fully and permantly

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uncreated, deleted and destoried now and be instead replaced with light and love now!”.....thus, the question is not really a question though more of a statement or command to be activated with your heartfelt intention.....get it!

Again, you want to be very clear, concise and focused about your statements so that the universe brings you what you need, want and/or desire.....the universe is not prejudice or biased.....it brings you exactly what you ask for without remorse or regard.....thus, you’ll want to have right God/dess healthy intentions behind your statements so that your karma will not come back and bite you in the butt as a result of all that.....

Just in case, here’s another program or manifestation design.....“What will it take for more than enough money and profits to show up in my life this week to pay for my car payment this month with ease and grace, karma free, debt free, easily and in blessing.....all that’s in the way of any of this be immediately, fully

and permanently uncreated, deleted and destoried now and be instead replaced with light and love now!”

Of course, there are numerous techniques and ways for manifesting.....the most important thing to remember is that the key to it is having heartfelt intentions behind it all.....as long as you are doing it with your heart, your heart chakra, then you can expect something to come through.....sometimes, you have to keep doing it over and over until eventually something does come through.....then, again having God/dess right healthy intentions are the best ingredients for programming and manifesting.....:)

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(Chapter 14)
Personality Astrology,
Soul Astrology & The Ray Chart

For many years I have been doing astrological readings directly from the “American Ephemeris for the 20th Century: 1900 to 2000 at Midnight/5th Revised” by Neil F. Michelsen, and the “The American Ephemeris for the 21st Century, 2000-2050 at Midnight”, by Neil F. Michelsen and Rique Pottenger. In 1991, I did a study abroad program through Texas Christian University in London, England. While I was there I had a computerized chart made up for my birthdate, time and place. As I was being given the astrological printout the clerk asked if I wanted a computerized reading for my chart and I said “no”, that I wanted something I could read to learn it for myself.....the women then pulled out a book called, “Secrets From a Stargazers Astrology” by Debbie

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Kempton Smith.....and, that's where it all began.

The book was easy to read and esoteric to some extent.....I read it through and began doing readings for myself, for my co-workers and anyone else that would allow me to do so.....eventually, I had at least one hundred of them under my belt, then two hundred and so on.....by the time I arrived in Sedona on 9 June 1995, right when Pluto had just gone into Sagittarius, I was ready to go pro.....or at least gain some kind of compensation or another for my readings.....likewise, a whole new way of life took place for me for the next fifteen years or so, as a result of Pluto being in Sagittarius which are in my moon and rising signs in my “Personality Chart”.

Along the way, while reading other books on astrology such as Alice Bailey's “Esoteric Astrology”, I discovered that there are at least two different types of astrological charts that I like to do.....the first one is the “Personality”

chart, the day that one comes out of the womb, and the other is the “Soul” chart, the day that the Soul comes in and connects with the fetus which is about three to four weeks after the day of conception.

The “Personality” chart is basically the same as the Western based astrological reading.....readings are derived from the guest’s birthdate.....and, depending on the Astrologer the place and time of the guest as well. I personally only use the birthdate of the guest, which is generally enough to gain lots of information for a reading.....I couple guests astrological reading with a tarot card spread and psychic intuition as well, along with activations, clearings, programmings, and more.....thus, I can go for one or two hours and never miss a beat.

I also discovered along the way that most people outgrow their “Personality Chart” between the ages of 18 – 25, then go through a plateau until 27/28 years old

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when their Saturn returns. Afterwards, they go through a shift and begin living out their “True Life Purpose” or “Divine Life Plan” stuff.....and, just to let you know the “Saturn Return” is when the planet Saturn goes back into the same astrological sign as when you were born.....likewise, one’s “True Life Purpose” or “Divine Life Plan” stuff are the things you were born to do as a Soul.

So how do you know what your Soul came here to do.....even better yet, how do you know you have a soul or that there is a God/dess.....there are at least a couple of ways to find this out.....concerning the latter, first of all you can ask God/dess, the Universe, the Collective, your Higher Self, etc. for some kind of sign or conscious proof, or dream, etc. that will let you consciously know that they exist, that they are out there or within you or both.....you may want to put a time frame on this such as asking them to do this activity within 24 to 48 hours so you consciously understand and know this.....if that

doesn't work try it again....and again....and again....until you get an answer.....sooner or later you will.....although, remember earlier we talked about doing this type of activity from a heartfelt basis.....the more faith involved, the better.....although, eventually beyond faith there is knowingness, whereby you will be completely clear with your intentions, actions, words and deeds.

So how do you know what your Soul is here to do.....one way of depicting this is like in "The Celestine Prophecy" by James Redfield, gather or list all the better qualities of your parents, put them together.....and presto!.....there you are.....in other words, make a list of all the things that your mother and father are God/dess at doing, are talented at, have experienced and that pretty much will give you an idea of what your soul is here to do.....although, that could still be a rough indication, especially if you don't know who your parents are.....although it is a start for many

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people.....if you have never met your parent/s or simply don't know who they are you can simply have an astrology chart done on them, then put together a list of all their God/dess qualities and that's what your Soul is all about.....hhhhhhmmmmmmmm, why didn't I think of that!

Although, better yet, why not just have your "Soul Chart" done!.....typically when I do this chart I go in psychically and derive the chart date....according to the Alice Bailey's works, the Soul comes in and connects with the fetus about three to four weeks after the day of conception.....depending on your birthing being early, late or just right, I go in and derive the date and do the astrology reading based on this date.....I have had people tell me "no, no, no", the reading did not sound correct.....then, I turn around and do their "Soul Chart" reading and all of a sudden everything is "yes, yes, yes", they definitely agree with all the information I impart to them.....:)

Again, most people begin living out their “True Life Path” or “Soul Chart” stuff around 28, 29, 30 years old.....some people that are highly evolved coming in, such as “Indigo” or “Crystal” people, may actually begin at a very early age.....others may actually never get there in this lifetime.....although, one thing is for sure, once you get your groove on it’s like being on a locomotive.....there’s virtually no stopping you and your life can seem like it’s definitely on the fast track.....:)

Finally, one more means of getting a depiction or understanding of who you are, of your true nature as a soul, is through a “Ray Chart”.....this chart is composed of the energy structures of your personality, soul, mind, body and emotional vehicles.....in essence, as determined by the Alice Bailey works, there are seven main energies or rays that exist throughout the universe.....there are seven ray types that make up all the other colors, spectrum or frequencies of the universe.

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Several years ago I had my “Ray Chart” done by Benjamin Crème.....to this day I know only one other person that does these charts though am not confident he is as good as Mr. Crème.....anyhow, after months of waiting to have Mr. Crème do my chart, he finally did it at a lecture he gave one day here in the states.....he handed me my chart and later discovered that it was the same as Princess Grace of Monaco....I can't remember how the chart went, it's been so long time since, though do know that although Grace Kelly and myself have the same ray structures it doesn't not mean we are twins or exactly alike.....there are other factors to consider such as the ages of our souls, experiences we've had in other lifetimes, our karma, the amount of lives we've lived in other lifetimes and so on.

In other words, several million people can have the exact same soul, personality, emotional, mind or body ray, though it doesn't mean they are all exactly alike.....for example the soul ray

for millions of people that live on this planet now are considered “two ray souls”.....which is defined as being the energy, quality and/or ray structure of Love & Wisdom.....Thus, our “True Life Purposes” are all about being of service to Love & Wisdom.....we’re all here to explore, identify, experience and play with Love & Wisdom.....of course, the down side of these qualities are worrying too much and being oversensitive. So, we go throughout life learning all the in’s and out’s of Love & Wisdom, yet many never really get it or understand it because they’re too busy getting off on their ego, or is it EGGO!.....the bottom line is, even though we all may have the same soul ray structure, there are also the considerations of our mind, body, personality and emotional ray structures as well.....even though we’re all one with the universe/s, we also have our very own unique qualities that we have to offer as gifts to our families, friends, societies, universe, etc.....:)

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(Chapter 15)
Psychic Development 101
& Your Future Selves

Years ago, while living in Texas, I had just finished a class at a local university and was on my way to relocating back to California.....I kept thinking I needed to be grounded or ground myself.....I didn't know what it meant though just knew I had to do it.....I also knew there was a lot of black magic activity taking place in the area and that some of it may have been directed at me.....nevertheless, I went out with a beautiful, female who was a school administrator at the local university and had sex with her thinking that would do the trick.....nope.....so we had sex again.....that still didn't do the trick.....so, I left.

I went back to Northern California where I went to high school at and immediately learned to ground myself.....I went to a

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local psychic fair and met a woman there who said she wanted to do a reading on me.....I said ok and she did.....can't remember the reading though she did one on me.....afterwards, she said that they were doing psychic development classes nearby during the week and that I should join them.....so I did.

The following Monday I went to their facilities and we began class.....immediately, I learned how to ground myself, how to clear my chakras and how to do “aura massage”.....later, I also learned other techniques including connecting with my “Future Self”.

Just to let you know, psychic ability is no more than all your senses enhanced or heightened to an above average level.....for instance, “etheric vision” is simply vision enhanced to the point of being able to see energies or auras, not just the dense body.....many animals naturally have it because it's also one of the ways they survive.....since they don't have the same capabilities that we do, the

use eyesight more so than we do, thus have “etheric vision”.

Another psychic ability many people have has to do with hearing.....again, animals rely on this sense more so than people do so they have a heightened sense of hearing as a result of this.....thus, clairaudience is a natural psychic ability that many people have including blind people.

Other psychic abilities that people may have due to natural or inherent abilities, or due to developing them accordingly are psychokinesis, being able to move objects with your mind; clairsentience or being an empath, where you feel other people’s emotions and feelings; have precognitive dreams, where your dreams come true; telepathy, being able to communicate with other people with your mind; and teleportation, being able to use your creative imagination to physically teleport, relocate or bi-locate your body from one location to another.....

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Earlier we went over how to ground oneself.....there are other techniques though this is the one that suites me fine for now.....you know, imagine three rays of light coming from your tailbone, root them into the Earth and wrap them around the center of the Earth's core like a ball of yarn.

To clear your chakras, again "Joyti" meditation is probably one of the best techniques to use.....although, as before, you can also imagine a miniature sun above your head and completely saturate your body and chakras with the Golden-White-Christ-Light.....additionally, you can imagine a beam of white light from three hundred feet above your head and send it down through your body all the way into the center of the Earth's core.....then, bring it back up through your body spouting out of the top of your head like a water fountain.

Additionally, other techniques you can do to clear and ground yourself are to imagine yourself sitting down at the

bottom of a clear blue ocean until you feel your energies are clear.....likewise, you can imagine a purple tornado going through your body.....or, you can simply go walking, running, gardening, workout or whatever else gets your body moving and out of the rut that it's in.

Finally, one of the things that you can do to help yourself get out of a rut is to connect with your future self or selves.....once you get your routine meditation/s going, along with prayer, readings, music/mantras/affirmations then you can call upon your "Futureself" or "Futuresevels" for information about your future, career, family, partner, etc.....you can ask him/her to help heal you in the present.....you can ask him/her to guide and assist you with projects or whatever.....either way, your "Futureself" definitely knows what you'll be going through in this lifetime, and other lifetimes to come.

Additionally, you can also use a pendulum and tarot card set to gain or

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confirm information you need to know in advance.....likewise, you can use muscle testing and other devices to psychically tap into information you may want to know.....God/dess luck with it and God/dess bless.....:)

(Chapter 16) The Program

As you may have already guessed, “The 90 Day Ascension Journey: Engineer & Design Your Life Style the Way You Want It To Be!” is a mentoring program about twelve weeks long, or twelve hours long depending on circumstance.....Over the past year or so I’ve facilitated a number of people with their journeys and the results have been incredibly dramatic....people have changed jobs in the middle of their journeys.....they have testified to feeling calmer and more peaceful than usual.....they’ve been able to face incredible challenges and been able to move on with their lives.....and so on.....thus, the following testimonials are from a few of these people.....likewise, if you wish to get an overview of the program you can go to the link below. For group rates please contact me at your earliest convenience.....thanks.....:)

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www.90dayascensionjourney.com

“Andrew’s reading helped me get back on track with meditation. This is very important in dealing with stress and relationships. My vibration has been low because of grief and much healing is being done with meditation and prayer. Thank you Andrew for your help”

~ Andrea

“You can start the next chapter of your life when someone takes the time to help you grow. Not only the outside but the inside. Thank you for helping see myself thru my own eyes”

~ Tamara

“He (Andrew Aloha) showed me how to connect and love my self at a deep level.....The shift has been significant for me. I knew that I had many issues with my own sexuality without really knowing why. His insight was really helpful in

finding the root of some mental and emotional trauma and to heal it. The whole experience was very healing.

Mr. Aloha, also taught me some meditation techniques that helped me strengthen my relationship with my chakra system, the earth and the sky. The depth of connection I feel now when I meditate with the tools I was given has had a profound change in my dialog with the divine. He was very focused and very professional in the session.

Mr. Aloha's degree of skill and professionalism is very high. At first I was apprehensive about trying this with anyone. It took a lot for me to open up and trust him.....I am very glad that I took the risk.”

~ Jade

“I’m now a force of nature. Andrew drew out my true talents and what I desired most in life. Andrew helped me navigate my way through the complexity of

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starting my entrepreneurship.....The entrepreneur journey not only enlightens you but shows you.....long term financial freedom”

~ Jason

SIP Resource Guide

Authors to Read:

- **Benjamin Crème**
- **Joshua David Stone**
- **Helen Blavastky**
- **Rumi**
- **Doreen Virtue**
- **Alice Bailey**
- **Ram Dass**
- **Alan Watts**
- **Christie Marie Sheldon**
- **Caroline Myss**
- **Deepak Chopra**
- **Delores Cannon**
- **Margo Anand**
- **Charles Muir**
- **Gail Thackray**
- **Kiara Winrider**

Saints & People to Research:

- **Mother Meera**
- **Satya Sai Baba**

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- **Shirdi Baba**
- **Prema Baba**
- **Babaji**
- **Karunamayi**
- **Rumi**
- **Amachi the Hugging Saint**
- **Yogananda Parmahansa**
- **St. Germain**
- **Lakshmi**
- **Parvati**
- **Shiva**
- **Ganesha**
- **Divine Mother of the Universe**
- **Spirit of the Age of Aquarius**
- **Spirit of the Golden Age**
- **Jesus Sananda**
- **Maitreya Buddha**
- **Krishna**
- **Djwhal Khul**
- **Kuthumi**
- **El Morya**
- **Helios**
- **Maharishi Mahesh Yogi**
- **Maharaji Neem Karoli Baba**
- **Kiara Winrider/Babaji**

- **Joel Olsteen**
- **Margo Anand**
- **Charles Muir**
- **Christie Marie Sheldon**

Books to Read:

- **The Bible**
- **The Koran**
- **Bhagavad Gita**
- **The Urantia**
- **“Esoteric Astrology” by Alice Bailey**
- **“Soul Psychology I & II” by Alice Bailey**
- **“Esoteric Healing” by Alice Bailey**
- **The Book of Angels by Kaya**
- **“Doorway to Eternity: A Guide to Planetary Ascension” by Kiera Winrider**
- **“Soul Psychology” by Joshua David Stone**
- **“Transmission Meditation: A Meditation for the New Age” by Benjamin Crème**
- **“Celestine Prophecy” by James Redfield**

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- **“The World Teacher for All Humanity” by Benjamin Creme**
- **“Maitreya’s Mission” by Benjamin Crème**
- **“Life and Teaching of the Masters of the Far East (6 Volume Set)” by Baird T. Spalding**
- **“The Book of Angels” by Kaya**
- **“Secrets From a Stargazers Notebook: Making Astrology Work For You” by Debbie Kempton Smith**

Videos to Watch & Research:

- **YouTube: on channeling, psychic ability, the paranormal, spirit guides, animal totems, the other side, reiki, healing, meditation, astro travel, ufo’s, aliens, ghosts, spirits,**
- **“Secrets of Female Sexual Ecstasy”: DVD by Source School of Tantra**
- **“City of Angels” (1998): the movie**
- **“Ghost” (1990): the movie**
- **“Avatar” (2009): the movie**
- **“Oh, God” (1977): the movie**
- **“Heaven Can Wait” (1978): the movie**

Musicians & Authors to Listen to:

- **Scott Huckabay**
- **Michael Hammer**
- **Maitreya Budda's Messages**
- **Doreen Virtue**
- **Charles Muir**
- **“Love or Above” by Christie Marie Sheldon**
- **“Unlimited Abundance” by Christie Marie Sheldon**

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About the Author

Andrew Aloha is Executive Producer of Spiritual Image Productions who's mission, goal, purpose is to "Establish & Maintain Right Relationships Thru Human Values", or to exemplify to others right healthy relations with oneself and with each other. Aloha is a Radio Show Host for over six years, doing a variety of shows each month including "The Golden Age Psychic Show", "Intimacy, Tantra & Relationships Psychically Fulfilled", "The Golden Age Paranormal Experience", "The Golden Age Psychic Travel Show", "The Golden Age Music Show", "Transmission Meditation On The Air", and "Andrew Aloha 'Live'", the latter whereby Aloha innerviews with people from all over the world who have been on the Oprah Winfrey Show, CNN, History Channel, Coast to Coast, Gaiam TV, OM Magazine, Conscious Living Magazine and more.

**For more info on Andrew Aloha go to
www.spiritualimageproductions.com**