

**THE POWER OF YOUR ATTENTION
“The Secret to Ascension”**

Lady Portia and Count St. Germain

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These are messages given at a live-channeling event.

Channel’s Note:

First of all, what is meant by the term “ascension”? To give a very simple description, this is the process of raising our level of consciousness and our energy levels so that we may connect with the higher fifth dimensional levels of awareness, or the “ascended realms,” which hold the qualities of divine perfection such as perfect health, abundance, love, peace, and joy, to name only a few of these. As we do this, we are increasing the amount as well as the frequencies of the energies that we are holding in our four lower bodies. These are the physical, etheric or spiritual, mental, and emotional bodies.

Channeling Begins – Lady Portia:

Greetings my dears,

Regarding the energy levels that can occur within the human being, what we would say to you is that basically everything you do with your consciousness has a great effect upon the huge energies that you are. And this is not an easy thing to speak about or put into words because so much of this knowledge, when we speak about it, would be unfamiliar words for many people. But what I would tell you is that a very good starting place for all of you would be to spend some time each day with the intention of elevating your consciousness and your awareness into the higher realms, because that is what develops your energy field in ways you cannot even imagine.

I will give you a very simple description here, it is like plugging a light fixture into an outlet on your wall, and you know what happens when you do that. The electricity flows immediately and illuminates the lamp. You can do the same thing with your consciousness, whereby, through putting your intention in the higher realms, you actually take a part of yourself into the higher realms – and this is the hidden part of this process that many people do not understand,

because, as the ascended ones have always known, "where you put your attention – there you are."

Of course, this would be the beginning steps in the process of bilocation (the phenomenon of being in two places simultaneously), and I'm sure you realize this as well, because it is not difficult to discern that when you focus your consciousness anywhere – anywhere in the universe, anywhere on the Earth-- it takes a certain part of your energy, or your "awareness," to this location where you are thinking of -- and this is to describe it in very simple parlance. But it is where, on the higher levels, you are intending to be. And this is a well-known, very "high" bit of knowledge that has been studied extensively in the mystery schools because this is the doorway, this is the opening point, toward explorations in consciousness – even to other planetary systems. In this way, many people have learned to take their consciousness into, as I said, other areas which are, of course, "off planet" for the Earth.

This is a basic principle that the adepts have learned, and much is built upon this principle. This is, as you might say, the beginning step in becoming what is known as an adept. If any of you are interested in pursuing this, I can give you the steps and stages of how to do this, because it is not nearly as difficult or unattainable as people often think of it as being. Everyone has to start somewhere, and as it is often said "even the longest journey begins with a single step." And this would be that step in what is often described as the process of ascension for humanity.

You are all very interested in this process, I can tell because some segments of humanity have been making much progress in this area for a very long time through the study which they have been doing. There is much knowledge that has transferred to all of you through simply focusing on the higher realms and calling for assistance from your guides and teachers. This is what happens when you blend consciousness with us: there is an automatic transfer of, not only energy, but also much information which is carried within the frequencies of the energy. This is what many people do not understand, the connection between spiritual teacher and student is like a wire carrying electricity. As you know, this connection carries a charge, a voltage.

When you connect with us telepathically there are many different frequencies being carried within this span of the total energies within the connection. And so, you have already received far more information than even you know, but your bodies "get the message." You might say that your bodies store this information, and then you may call it forth, and you have one of these "ah ha" moments when something has become clear or you feel that you have the answer to something that had eluded you previously.

I am telling you this because I want you to be aware of this mysterious ability of these higher frequencies of energy to carry many things of which you have yet been unaware. The totality of this material is what stimulates all phases of this ascension process that you speak about for

human beings – because it has to come from somewhere – and the higher energies of the ascended realms would be, of course, always the source for this stimulus point for the human being to awaken many things, many levels of consciousness.

You are so much more complex, dearest ones, than what you even realize, or have any inkling of – because your bodies are complex energy "machines," on a certain level, that have a God-given level of consciousness. When the two of these are combined, there is a spark of energy. But more than that – consciousness is created. It is that indescribable, ephemeral thing that no one is able to put into a test tube, or to weigh on a scale, or to measure with the ruler. What creates consciousness? Consciousness is created when this innate energy within the cosmos, a spark of this, combines with the human form to create new life. No life can be formed without this minute, but very powerful, atomic spark that happens deep within the genetic material which is in the process of creating the conditions necessary for the beginning of new human life.

What is this spark? That is the energy that you contact in some of your meditations when you are intending to connect with your divine source, with the ascended realms. It is an unknown thing – it is indescribable by humanity. No one has been able to figure out what this is. Your scientists know that it exists, but they cannot quantify it – they cannot weigh it or measure it – and so they have difficulty in realizing that it is consciousness, it is electronic consciousness that exists within a universal framework of the matrix which forms life.

And so, there are many different ways that it is possible for you to experience this energy, there are many levels of this energy. Some of it is so powerful that if you would even touch it with your little finger, you would be vaporized instantaneously. It is like touching the face of the sun! This is the energy that is often referred to as "life" – the life spark energies. That is why the sun is often known as the giver of life for this planet, because it radiates this level of intensity of energy which is essentially enlivening this planet with the life force energy, daily and hourly.

For your solar system, the sun is a source for this nuclear energy that is so powerful, were you to touch it, you would be vaporized instantaneously. But it is transferred into the atmosphere of Earth in a very beneficial way for the planet through the rays of the sun which you can take into your body, and they are also absorbed by the plants and the animals. There is a cycle of life on this planet that depends on the transfer of this unknown and, in most cases, unnamed energy source. And that has often been referred to as "the secret of the universe." What is the source of this energy? Where is it coming from? We know what it is doing because we can see the manifestations of it – the Earth and all her life, but what is it and where is it coming from?

This is the question that leads to the understanding of the essence of the ascension process, because this energy is within your bodies, it is within all life. However, the adepts, the “ascended ones,” have learned how to command this energy through the force, the power, of their collected and focused consciousness, and that is the secret of the ascension process which I have just given you!

Many have sought this answer so that they could be "powerful masters of the universe" – but we do not give it to those people! We give it where we believe it will do some good, and you are all true seekers – not for material gain or for notoriety. You simply want to understand, and that is the type of people that I speak to about these matters because you are the ones that would take this material to heart – and it will have, I can promise you, a deep effect within the deepest recesses of your consciousness!

This is like planting a "nuclear seed" here within the fertile ground of consciousness, because you are so much more powerful and effective, and able to control many things in the universe, than ever you have known. And these things that are being discussed here this evening are what I would call the “beginning points” on the discussion of understanding some of the most potent secrets of the universe and consciousness – and that point, the place that it is possible to speak about, where consciousness is of a universal nature. I have given you some very broad hints in this discussion of things that I am not allowed to speak about directly. I cannot give you the answers, but I can give you the questions – that is allowed.

What I would tell you is to be extremely vigilant in watching how your consciousness operates, and you will learn many things, many so-called "secrets" of an esoteric nature. Of course, this is material which was taught in the mystery schools, and there is no place on earth where all of this material is taught in a way that I would call "complete." Many people seem to have a piece of the puzzle. It is so interesting, it is as though, as is told in some of the native history stories, a great giant scattered all the puzzle pieces over the Earth. Well, that is what this is referring to, you see, that no one has put it all together yet. Because, if they did, they would be able to control the universe – and that is not something that we would wish to see happening now! But we are giving you enough of the puzzle pieces in this discussion, that you may begin your own reassembly of this ancient knowledge – because it is truly ancient! It has been on the Earth since her beginning. Many people have studied this, many sages have come very close to putting it all together – but no one has succeeded in this venture so far.

Perhaps you will be the ones to do so! I do not know. It depends on your ability to observe your own consciousness and to learn from the inside out how consciousness works, and how it integrates with the greater energies of the universe – because it does! I can promise you that.

And so, if you are an astute enough observer of these things, you will learn much – and perhaps you will learn these things which have been referred to as the "secret of life" or even "the secret of eternal life" that has been sought by many people, for many reasons, many times. But the ones who have sought it for personal gain have never been successful. And I have given you a huge hint here about how to progress on this path of discovery, because if you want to know many things, you will first need to begin your search deep within yourself. You must get to know your "self" in the most intimate way possible, because that is why many of the philosophers have said the words "know thyself" – and, of course, there was much hidden meaning within those words! It referred to the very mysteries of life, because for all of these mysteries, the answers lie deep within what is found through your explorations of the self – because you are, as you know, an emanation of the divine spark within your heart flame, and that is where the secret begins within the human being. It is that hidden spark within your heart and the knowledge that it contains! It has been sought by philosophers and kings! Many have sought it – few have found it!

Good luck on your search, dearest ones. You have been pointed in the right direction this evening, and we wish you well. We will be speaking with you many more times on this subject because this is where you are all going – in your search, in your knowledge: it is to find many of these hidden things, the hidden knowledge that lies deep within you.

Blessings to all of you. We love you, and we send you our eternal blessings for your swift trip on this road of discovery, where you are all so involved right now,

Blessings, dearest ones, and namaste

A Message from Count St. Germain:

Speaking the Language of Energy and Light

“The time will come when people will be able to read the coded information in all of these different forms and activities that are existing on the Earth. Then it will be quite a different world that you will be living in, I can promise you that!”

I will attempt to add a few more salient points here, because I believe I do know one or two things about this subject! The philosophers always say that you must look “within yourself” for all of these hidden things and these levels of knowledge, and that is very true! There is much information within the human being – but also there is much to be learned through your connection to the higher realms and asking the right questions of the right individuals in the higher realms, because some of us know quite a bit! I won't mention any names!

But, you see my point to you this evening is that this “search within the self” can become quite boring to many people! And so that is why I recommend to people, many times, that they search the universe instead for sources of wisdom, sources of knowledge. Because there are many of these hidden sources of knowledge – if you know where to look!

There are many records hidden within the body of mother Earth, for one thing. Some people have learned how to "read" the levels of information that are encoded within the Earth, and that is coming into the consciousness of humanity now. Many people are figuring this out, that they can connect with the plants, for example, and receive much of what is called "the hidden knowledge" of herbal remedies and things such as this. And so, it is unlimited!

Some people have consulted the stars and have actually downloaded an unbelievable amount of valuable information from this mental connection, for example, with the planet Venus, which is full of good information for the Earth. It would be very good for more people on the Earth to connect with Venus. I think they would learn something – particularly about love. You see this is what I would like for you all to do: to open your minds and to think about the many sources of information.

For example, you have your rocks, your crystals. Crystals are amazing storehouses of information about the formation of Earth and all that she has experienced since time began. The records that are contained within many of these crystals even contain the records of other star systems! Many people have located these places where amazing information is housed! Well, they don't run around town telling everybody about it, I will tell you that, or many of them would run the risk of being locked up somewhere, but that's how it is now in the society in which you are living.

Many of these people who are doing all of these explorations and have all of this knowledge will have to be persuaded to open up about it and to give you the results of what they are uncovering, and we are working on that point with some of them. But I cannot promise what results we will have, and so that is why I am speaking with you and telling you directly that you are all at a point where you are completely capable of downloading the most amazing information from the most unsuspected places and objects, and so, I would suggest that you might do well to be more sensitive to your environment.

Some of these things in your environment are calling out to some of you, and I can see this, and so you see there are some things that wish to give their information to the human being, but they have to find someone who will listen to them. That is why we are all giving you this message that the information is "out there in the world." It is simply encoded in the language that most humanity has not learned. They have not learned to "speak" this language of energy and light.

But that is what is coming, and **the time will come when people will be able to read the coded information in all of these different forms and activities that are existing on the Earth. Then it will be quite a different world that you will be living in, I can promise you that.** But for right now that is what I can tell you, because you are all capable of doing this and being sensitive to your surroundings, and you will be surprised at the information that you will pick up!

Some of it may be very simple, but do not invalidate yourselves and just say, "Oh, I couldn't possibly know that." When you get this information, value it, and validate yourselves. Then you will get better and better in this process and more advanced with it. But that is the way to go with all of this – it is just to start where you are, realizing that there are many more things than what you have known or yet connected with in the world that have great storehouses of information, if you will take the time to pause by a flower, for example, and have a little discussion -- you might be surprised what occurs!

And so, I will leave you with this knowledge and the encouragement to pursue these levels of knowledge, because there are many people on the Earth that are actually studying this now and they are not coming forth with their findings yet -- but perhaps they will in the not-too-distant future, because the Earth really needs this information to come forth from people who understand it and know how to communicate this to their fellow human beings. This will open the door for many people to come out of these boxes in their minds where they are so controlled and so restricted.

And so, if you feel that you are wanting a new adventure, then this would be the way to go with that -- because this is the new thought that is going to come forth upon the Earth and revolutionize human consciousness. And it will be a very good thing, I can promise you that! It is going to break up a lot of this stagnation in the thought patterns and the mental concepts that exist. It will do a lot of good and bring in a lot of good things, because essentially, it will revamp the fabric of human life on Earth! Just a small thing like that! Nothing too great!

Good evening, dearest ones

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