

# Transformation Prior to Ascension

Mohsen Paul Sarfarazi, Ph.D.

October 31, 2012

## The First Stage of Attaining Super Consciousness

- At this stage we have allowed our Kundalini to complete Her journey to meet Her Divine Complement in our Crown Chakra, and thereby, open our Third Eye.
- Whether or not we know it, our process of returning to Lightbody has begun.
- Ancient writings speak of the many psychic gifts and abilities of manifestation and teleportation that were bestowed on Adepts when their Third Eye was opened.
- The gifts of our illumination are subtler now.
- Now, we must continue our job, pay our bills, care for our children, etc.
- We do not live in the safety of a Temple as the ancient adepts did.
- Our society does not pay for the wisdom of our enlightenment.
- In fact, most of our societies cannot, or will not, even recognize it.
- Although many new skills and abilities become apparent upon our illumination, our transformation is no longer just for our personal self.
- Instead, it is for our entire society.
- In fact, with each personal transformation, we have more to contribute to the group manifestation of a new reality, and a new vibration of conscious, everyday life.
- We are entering the Aquarian Age, the age of group endeavor.
- Each individual holds a particular puzzle piece that shall be added to the whole at the appropriate "Time."

- As we each find our personal mission, we will realize that there is actually only one Mission—Planetary Ascension.
- The remembering of our Mission often begins with conscious connection to our own superconscious Self.
- We will, soon, be living the process of establishing that connection.
- We have bravely entered our unconscious mind and faced our Dark side.
- We have healed many of our childhood fears and cleared old, negative, core beliefs.
- We have taken conscious control of the creation of our daily life by healing our victim consciousness and becoming the creator of our reality.
- We have traveled through the fourth dimension to meet our Higher Selves.
- We have journeyed through the vortex to meet our future, fifth dimensional Self who is to be our guide, and we have found our unity with the ALL.

### **Our Future Self and our Lightbody**

- We are the grounded ones.
- Our 'I AM presence' is our fifth dimensional future/past Self.
- The 'I AM Presence' is our heart, our mind, our spirit and our body.
- We have many 5<sup>th</sup> dimensional 'I AM Presence' Selves.
- Soon we will be getting a visitation from one of our fifth dimensional Selves that WILL to enter into our third dimensional awareness.
- As each of our fifth dimensional Selves enters our physical awareness, and eventually our physical form, the vibratory rate of the molecules in our physical body will rise.
- As we have all experienced, there are physical symptoms which accompany this process.
- One common symptom is that we often become excessively tired.
- This fatigue is caused by the body working so hard to raise its vibration that little energy is left for our external tasks.
- We are preparing for a great transformation and much of our bodies force is being used to integrate this new frequency into our Earth vessel.

## **Our Finer Bodies**

- **Our finer bodies in the fourth dimension have already accomplished this transformation.**
- **Our Causal Body made the transition when it learned to step into Spirit to view the cause and effect of life from the point of viewpoint of the fifth dimension.**
- **This means that our Causal Body has gone through the Void into the fifth dimension and has been able to see the Grand Plan, our 'Soul Contract,' or the 'Reason for our Incarnation.'**
- **From this perspective, each and every Earth challenge is seen as part of our Mission.**
- **Our Mental Body has embraced Galactic Consciousness.**
- **It is now able to accept, and begin to integrate, the portions of itself that are Beings on other planets, galaxies, and dimensions.**
- **Our Emotional Body has learned to love and accept our dark side most of the time.**
- **Fear has less power to block our higher senses.**
- **Our Etheric Bodies, both the Etheric Body that guards the threshold to the Void before the fifth dimension and the Etheric Body that guards the entrance to the physical body, have become more resilient and open to transmutation.**
- **Our Etheric Body is the Guardian of the Threshold.**
- **The Etheric Body that guards the Threshold to our physical body is the unconscious Self that protects us from becoming overwhelmed and, therefore, shutting down the process of transformation.**
- **It regulates the flow of prana to our physical body so that neither too much nor too little prana will enter it.**
- **Our Etheric Body also guards the threshold to the Void between the fourth and fifth dimensions to prevent an excess of fifth dimensional experiences from entering our awareness until we have completed our fourth dimensional lessons and experiences.**

- **Our Etheric Body holds the memories of our ancestors as well as all the everyday life lessons that have ever been experienced in all of our third and fourth dimensional realities.**
- **In this way, when we are ready, we can take ALL of our lessons and integrate them into our conscious mind.**
- **We may likely display different physical, emotional, and/or mental symptoms as the process of integration of our total Self continues.**
- **Our physical body can easily become overloaded by conscious stimuli of the higher and parallel realities.**
- **Since the fall of Atlantis, the human brain has functioned at about 10% to 15% of its total capacity.**
- **“Whole Brain Activation” is quite rusty and may create problems within the body while this innate whole brain functioning is reactivated.**
- **Our Causal Body may be going through a process of confusion because the third and fourth dimension rules of cause and effect are diluted by the NOWNESS and ONESS of the fifth dimension.**
- **Our Causal Body has had to release the notion of punishment or revenge and appreciate the reality of the University of Duality on Earth.**
- **This confusion may be evident in our everyday life as a lack of confidence in our ability to understand why things are happening.**
- **Our physical form may suffer anxiety and depression as the illusions of limitation and separation are released and the NOWNESS and ONENESS of the fifth dimension bleeds into our everyday life.**
- **This process can create negative feelings as old core beliefs regarding our “unworthiness” leap to the surface of our consciousness to be healed and released.**
- **Our Mental Body may have been amplified by the power of our fifth dimensional consciousness.**
- **Therefore, thoughts that could once remain hidden are now shown to our conscious mind and acted out by our emotions and behaviors.**
- **Negative core beliefs have been taken from the archives of our memory and played out in everyday life so that they can be transmuted.**

- The pride and vanity of “knowing it all” disappears as the reality of urge of wanting to know more and more creeps in.
- Our Emotional Body has been on a roller coaster ride as our Dark side has come to the surface with its many messages of fear.
- Our “worst fears” have been played out so that we can “survive them” and diminish their power.
- Again and again, we have had to love the parts of Self that we often denied, hated and feared.
- Our Physical Body may be exhausted and prone to illness now, because all of the experiences and lessons that are being integrated into our everyday life.
- We may also have had trouble with sensory overload as formerly unconscious thoughts, and emotions have flooded our conscious mind.
- Our extrasensory perceptions have greatly advanced.
- The veils between the third and fourth, as well as the fourth and fifth, dimension are becoming thinner and thinner.
- Memories of past lives, both on Earth and on other worlds and dimensions flood our dreams and meditations and take us by surprise in our everyday life.
- We have opened the portal, yet frequently, we may wish we could close it.
- However, the thought of losing this new Self is more disturbing than continuing our difficult process.
- We may doubt our sanity or wonder if it is all “just in our imagination.”
- The veils of illusion are parting and a clear path is opening before us.
- The illusion of separation from WE and “All That Is” is falling away, and a union with all life is forging a pathway of forgiveness toward everyone and everything that has harmed us, including that harm that we have caused to our Self.
- This forgiveness is creating a compassion within us, compassion for others and compassion for our Self.
- It is this compassion that will allow us to integrate our fifth dimensional Self.
- Consequently, the more we integrate our 5<sup>th</sup> dimensional Self into our everyday conscious life, the more we must become conscious of, forgive,

transmute, and have compassion for, all our confusion, negative thinking and fear.

- The process has now begun!
- We can't stop it, because our Future, fifth dimensional, Slef, will not allow it to stop.
- At "long" last, we and our 5<sup>th</sup> dimensional Self are one again.
- Our ego and our 5<sup>th</sup> dimensional Self have joined forces.
- Our 5<sup>th</sup> dimensional Self, the I AM Presence, is the Captain of our Earth vessel and our ego is His/Her first mate.

### Our Lightbody

- Our Lightbody is hidden inside our costume of flesh.
- It awaits 'birth' into the reality that is being created by the merging of the third, fourth, and fifth dimensions.
- All three dimensions have existed as three separate octaves within the physical reality of life on Earth.
- Yes, we ARE Lightbody NOW!
- However, we do not become our Lightbody, we reveal it.
- We thrust aside the illusions of separation and limitation, and we decide to stop living in illusions so that we can play the "3D game."
- Then, slowly, layer by layer, we will feel a release of tension, a decrease of anxiety, and an abundance of lightness.
- Then we will REALLY begin to remember.
- Gradually, we are beginning to realize that there are other portions of our SELF that reside in other space/time quadrants of the third dimension, the fourth dimension, the fifth dimension and even beyond.
- Soon, one world, one reality, will be too small to contain our expanded consciousness.
- As we begin to regain the memory our true Self, visions of other lives, other realities, and other dimensions will seep into our "imagination."
- But what is imagination if not a good place to hide the Truth.
- But why would you want to hide the truth?

- That answer is simple.
- No one can handle the REAL Truth until they return to the REAL Self.
- The ego cannot tolerate the Truth because it is born of the illusions of the third dimensions.
- Our ego, which once felt like our 'Self', now feels like our inner child and we feel like our 'Self.'
- This Self changes so much every day that we cannot become too attached to anything as it may be, yet another, illusion.
- Then it will soon explode into oblivion, like all the other illusions did.
- As each illusion bursts, we perceive a small taste, a gentle hint, of the REALITY that we had always believed was "just our imagination."
- This is a bumpy ride, indeed!
- At every turn we must look into a mirror of EVERY emotion and EVERY thought that we chose, to allow it settle into our consciousness.
- ALL emotions and thoughts will become INSTANTLY manifested when we cross the threshold into the fifth dimension.
- And, we must learn not to cross this threshold before we have learned to control your thoughts and emotions.

The TRUTH is: WE created ALL our illusions and only we can release them!  
 These are the rules of the 3D game.

- Fortunately, we have done this control before, and all we have to do is ask our fifth dimensional Selves how they learned to control their thoughts and emotions and release their illusions.
- The fact is, it would be impossible to learn this kind of control in just one lifetime.
- There are too many lessons to learn, too many experienced to be had, and therefore, we must call on our fifth dimensional Selves for assistance.
- To do this, we must download as many of our fifth dimensional Selves, as we can remember, into our current earth self.
- All of these other Selves are waiting for a front row seat to this great occasion, and they will gladly participate by sharing with us all they have learned.

- There will be a marvelous “Home Coming” as they come HOME into us and we come Home into them.
- Our other Higher Selves are ALL present and ready, just beyond the threshold, to help us.

### **The Logical and the Faithful**

- Many have denied the fourth and fifth dimensions, and some have denied the third.
- The ones who have denied the fourth and fifth dimension have been called “logical”, whereas the ones who have denied the third dimension have been called insane.
- As the third and fourth dimensions merge, the physical world will become so infused with light that even the most logical ones will not be able to deny the existence of higher worlds.
- Higher perceptions will become more and more normal, and the logical ones will be recognized as being limited and unable to see that which is just before them.
- These logical ones will not be able to accept the shift, as they will not be able to believe that it is possible.
- Therefore, they will not expect it, and their perceptions will not be calibrated to perceive the Awakening.
- Since they will not allow themselves to perceive it, these logical ones will not notice that their reality is changing their fear of change, and fear of the unknown, will limit their perceptions and separate them from the new reality being born as the dimensions merge.
- But for us, who believe a cosmic moment is beginning, only fear can stop us from the experience of that moment.

### **Unconditional Love and Transmutation of Fear**

- Unconditional Love heals our fears and expands our perceptions.
- Unconditional Love means to love even that which has, or those who have tried, to limit us, frighten us, deceive us, cheat us, drain and consume us.



- Most of all, Unconditional Love transmutes fear.
- Fear is closer than we think.
- It is, right beneath our everyday, conscious thoughts.
- We must allow this fear to enter into the light of our conscious awareness.
- Our Lightbody can heal fear with its Unconditional Love.
- We must allow our Lightbody to merge that fear into the fourth and fifth dimension so that ALL octaves of it can be healed by the ONE.

### **Common Present Status Quo**

- “Many experience the fear of betrayal.
- They fear that if they take the leap, if they “bet it all” on their successful transformation into Lightbody, that it will have been only an illusion.
- Then they will have lost their ability to survive in the physical world.
- They fear that if they surrender to their belief in their inner guidance, they will lose.
- Then “others” will be right, and they will have lost all that they have “worked so hard” to achieve.
- They fear that their inner voice is wrong, and the outer world is right.”
- It has been this fear that has blocked forward movement.
- If you are part of a group—the group that has volunteered to assist Gaia in Her planetary ascension, then most of the members of this group have this same fear for they have also chosen to listen to their inner voice and ignore the “logic” of their egos.
- However, each of us must call upon our Lightbodies to Love that fear free.
- Then, we can contribute our “puzzle piece” to the group process of planetary ascension.
- Even though we are a part of the group, each of us must be WILLING to be the “first one” to take the leap.
- Each of us must be willing to be the “first one” to trust our Self enough to reveal our true Self.
- If we hold one bit of doubt, it will ripple throughout the group with the speed of light.

- If we hold back, it will hold back the others.
- We must take the leap; we must take it NOW.
- Do you recall when you took the leap to enter into a physical body for the first time?
- Do you recall the terror of becoming third dimensional, and the many, many lives and deaths that followed?
- Now we are about to be set free.
- If we look at this one life, it may appear to be a “long time” before our ascension.
- On the other hand, if we look at our journey from that first life until this life, the remainder of our time in the third dimension will appear very short, indeed.

### **Grounding the Lightbody into the Physical Body**

- Here is a preview how we can ground the fifth dimension into our physical body and merge our third and fourth dimensional Selves with our Lightbody.
- We have already begun the process by surrendering our third dimensional life to the control of our Soul.
- The bright circle of light has begun before us.
- It begins as a speck, but with every step you take towards it, the light grows brighter.
- The fifth dimensional light, shines into our physical form.
- It is very bright and loosely formed like a cloud of beaming light, or a nebula, in outer space.
- Inside that layer is our fourth dimensional Self.
- This Self is a bit more condensed and holds more form.
- However, the form constantly morphs and shape-shifts.
- It moves from reality to reality, as if in a dream.
- At the core of our beaming Self is the dense skeleton of our consciousness.
- This skeleton is made of dense, third dimensional matter.

- Nonetheless, our process of surrender has been allowing the fourth and fifth dimensional vibration to slowly integrate into our third dimensional skeleton.
- What was once very dense is now infused with finer vibratory frequencies.
- Eventually, every cell and atom will vibrate in tandem with our fifth dimensional counterpart.
- The pull of our fifth dimensional vibration is slowly altering our third dimensional Self, transforming it into a fourth dimensional Self, but the final transformation to fifth dimensional Self cannot take place until an invisible emanation or exhalation-like vapor or gas indigenous to our fourth dimensional Self is purified and healed.
- ALL fear must be released before the transition can be complete.
- When fear is transmuted to power, our fourth dimensional Self will act like glue to bind our fifth and third dimensional anatomies.
- The first portion of our third dimensional Self to make the transition into the fifth dimension will be our consciousness.
- This fifth dimensional consciousness will calibrate our third dimensional senses to consciously perceive more and more of the fifth dimension as it bleeds into our everyday life.
- Dream awareness and analysis, as well as frequent meditations, will accelerate our process because we will train our Self to focus our attention on our higher dimensional realities.

### **We are where our Attention is**

- We must be patient with our Self.
- There is a process beginning here which is far beyond anything we could ask for, or even imagine.
- We must be still and allow that process to engulf and direct us.
- During this process, we may have the experience of intense heat in our body.
- This is because we are trying to run fifth dimensional consciousness through a third dimensional body.

- The limitation and separation that is the matrix of third dimensional life-forms can cause a discord within our body when fifth dimensional consciousness runs through it.
- If we hold only a dim light, many of our weaknesses can be hidden in the shadows.
- However, as our consciousness expands, our light grows brighter, and our weaknesses are exposed for all to see.
- Not many of us are comfortable with this degree of openness and vulnerability.
- Therefore, we may send mixed messages into our world.
- we may send the message of who we truly are from our fifth dimensional consciousness, while we simultaneously send the message of who we “should be” from our third dimensional consciousness.
- These different messages compete with against one another and cause stress within our body.
- This inner disagreement is then projected into our outer world.
- In that manner, any fear that we hold within our Self will become projected out onto someone in our third dimensional environment.
- It is difficult to see the inner fear hidden in our shadow; therefore, we can ignore it.
- Conversely, it is difficult to ignore the fear of someone close to us.
- The trick is to remember that we created our reality.
- Once our Unconditional Love has healed the fear within us, the issue with the external person will then solve itself.
- We must surrender all our fears to our Lightbody.
- Our Lightbody shall assist us in transmuting them to power.
- However, first we must complete the transmutation of our ego.
- While our ego is engaged, there is always the possibility of corruption of our power.
- Once our Soul, our fifth dimensional Self, is the sole creator of our life, we will be so detached from the rewards and punishments of the third dimension that corruption will no longer be a problem.

- **We have waited many lifetimes for this opportunity.**
- **We are one of the ONES who will experience this grand cosmic moment in an awake and aware fashion.**
- **In doing so, we will be able to consciously facilitate for others the transformation into Lightbody.**
- **Our Lightbody will guide us in every step.**
- **We must relax and continue to surrender EVERY fear.**
- **We are ONE.**
- **Our LIGHYBODY is us, and we are our LIGHTBODY.**
- **We are WE, individualized into a Sea of Unity.**

**Adopted from Arcturian Messages Channeled through Suzanne Lie  
[[Suzanneliephd.com](http://Suzanneliephd.com)]**