

A Step-By-Step Instruction Manual:

**How to Get a Jump In Time
by Journaling the Ascending Ray:**

*A Tool to Raise Your Level of Being & Consciousness
and Turn Unconscious Reactions into Conscious Action*

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Dedication

This is dedicated to my teacher, Bob Hess, who made the principles and workings of the Ascending Ray part of his life's work. I feel deep gratitude for him sharing his knowledge of the sacred Law of Seven and how to practically apply this principle in our daily life as a tool for both Life Development and Self Development.

This tool has changed and greatly enhanced both my Life and my Self – and I am eternally grateful for the opportunity to learn it from the master and work with it while he was still here.

He used to say: “You do the Ray and eventually the Ray will begin to do you.” To my amazement, he was right. The Ray is in my Being and continues to reveal new things to me, such as how to dance simultaneously with what I call Directed Rays and Unfolding Rays.

This work has been compiled to preserve many valuable lessons and to share with you a tool that has unlimited potential to enhance and enrich your life journey as well as your self-knowledge and awareness.

Note to the Reader

The following information is just a beginning introduction to the process of working with the Ray in a practical manner. There are other concepts, terms and sacred laws that expound in greater detail on many of the areas mentioned here, each of which gives greater insight and connections. Those details are in the Sacred Typology programs. This is not presented to share all and everything about all subjects, but rather as a way to get started.

If you would like more information or studies on this subject, or others, please contact www.JumpInTime.org and let us know how we can be of service.

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Acknowledgments

Thanks to all the students over the years who have learned whatever I knew about the Ray at the time, and experienced it as a tool for deep levels of personal transformation. Each experience opened me to deeper levels of awareness and taught me something new.

After my teacher died and I started running others through Rays, the principles of the Ray and Typology were interwoven into my Being and the impression I gave my students was that it was all the same thing – which they called Sacred Typology.

But I knew that wasn't true. I also knew that they wouldn't be able to do this for themselves unless I pulled the Ray and Typology apart and described the differences as well as the similarities between them. Once each tool is understood on its own, they can then be combined for even deeper levels of transformation.

Typological Energy Balancing with Sacred Typology is an alignment tool. The Ray is an ascension tool. Both of these tools are the means (with a system and a method) of getting a Jump In Time.

Along the spiraling upward journey of evolving – nurturing your true nature gives you a way to know what to release and let go of that no longer serves you (weighs you down) – while keeping your primary focus on nurturing your true Essence is what maintains alignment and lightens you up.

The combination of doing both of these things simultaneously awakens you to even deeper levels, accelerates forward momentum, and raises your Level of Being and consciousness higher and higher.

What I noticed over the years is that once I start working with someone, at some point in time the Ray is the tool that is required for the next step along their journey.

Special thanks to Celeste Aurora McClinton and Noa Spector-Flock for their personal experiences, interest and questions about the Ascending Ray. Since each are on their own personal path and journey (and needed this tool for different reasons), their requests played a large part in what is presented here.

The intention is to share an overview and simplified version of some of the deepest levels of working with the Ray and how to incorporate this ascension tool into your daily lifestyle, without going into many of the detailed descriptions of the energies that are shared in the Sacred Typology programs.

Foreword:

Four Levels of Working with the Ray & Reading Energy

This *Foreword* was initially created as an *Afterword* – after some students wondered why, after a 7-Week Ray (or even 14 or 21 weeks), they weren't at the same level that I am with making connections, reading energy and working with the Ray. Simply stated, mastery of any tool requires an ongoing process of using it.

When one student read this, she said she wished she had this information at the beginning, instead of the end – because it would have helped her get further faster applying the Ray in her own life. My deepest core desire is always to give you a Jump In Time.

Sharing this with you up front lets you know what is possible in the biggest picture; and the value I have experienced from working with the Ray and learning how to read energy. But this doesn't happen all at once – it evolves in stages.

It may also help you to know up front that it's not necessary to complete everything in one stage before you start experiencing another stage. Knowing these stages allows you to do your own self-assessment at any point in time to see how you are progressing with integrating and mastering this tool.

Years ago, I remember I was fascinated and amazed when Mr. Hess would share the world through his eyes. It was like a completely different world than I was experiencing at the time. It was more alive – and rich with deeper meaning.

I'd ask myself, “How does he know that? How does he see that? How does he do that?” There was so much more to the world that he was aware of – more than meets the eye that hasn't been trained to see beyond the linear, surface reality. In fact, just going out to a restaurant for a lunch meeting with him was always a fascinating and richer experience.

As a master of the I Ching, he always had three coins with him. At the restaurant he would use MRT (muscle response testing) to ask his body what type of food it needed at that particular time. After he ordered his meal, he'd often grab a napkin and take out his pen and three quarters. Then he'd look up into his third-eye (at the light), take a few deep breaths, silently ask a question, and then throw the coins six times.

He'd draw the six lines of the hexagram on the napkin (he knew all 64 hexagrams by heart). Reading the light in his third-eye, and then getting a reading from the I Ching, gave him an impression of the direction to go with whatever he was asking about. He'd often continue asking questions and scribbling hexagrams on the napkin until the waitress served the meal (or the napkin was full). Sometimes he'd grab a second napkin.

Reading Energy

In essence, what he was doing was by-passing the logical head-mind to tap into something beyond the mind – spirit.

He was a master of **reading energy** and **light**. For example, he could look across the room at a person and read how much **light** they had in their left-brain and right-brain, and then say something like, “left-brain quarter-light, right-brain half-light.”

Mr. Hess said he followed the Ray by **reading energy**, and knew where it was by the **light**. He also said that once you develop the mind (by emptying it and then reprogramming it) and follow the **light** (by emptying and increasing awareness), that the **light** will follow the Ray.

[The Ray tells you what time it is. Spirit’s time clock is energy. Knowing the energies of the Ray helps you to read what time it is by spirit’s time clock.](#)



Working with the Ray reprograms the mind to know what to empty and release (dysfunctional thoughts and behaviors). Then, with increased levels of awareness, make conscious choices that bring you into alignment with a higher time clock – that isn’t linear.

There are energies on the planet that go beyond logic and intellect, and expand into the realm of energy and intuition. Everything in this universe (visible matter and invisible energy) has a **pattern of energy**. Gravity and love are examples of **energy patterns** that are invisible.

Reading Energy is the ability to notice by sensing, feeling, seeing and/or perceiving **patterns of energy**.

Patterns of Thinking

Consciousness could be defined as a description of a paradigm of thinking. There is low-minded thinking and high-minded thinking. High and low don’t measure the power of thinking, because both are powerful. What it measures is the level of thought – how restrictive or expansive it is.

Lower consciousness doesn’t have the ability to see the higher. It’s in a box and sees only itself and can’t see outside of itself and the box. It is chaotic, simple, basic, narrow, restricted, filled with rules, and operates in survival mode out of fear. It primarily sees differences. There is an **energy pattern** of rudeness and unkindness that excludes others.



Higher consciousness has the ability to see the higher **and** lower. It expands outward, with out-of-the-box thinking. It is structured, organized, complex, expansive, unrestricted, doesn’t have rules, and operates with acceptance and compassion.

It has the ability to see similarities, instead of just differences. It unifies and harmonizes. There is an **energy pattern** of compassion that is inclusive and invites others in.

Energy Patterns of Light & Dark

Mr. Hess used to say that although he was a **Do-Note** type, that he was a **La-Note** teacher, and that the Ray is a **La-Note** tool. My key word for **La-Note** energy is **Light**. If you're in a dark room without any windows, you can easily hurt yourself by running into obstacles. Turning on the **light** gives you the awareness to avoid obstacles and know the best direction to go. You need **Light** to **read energy**.

The **Light** is about unification, while the dark is about separation. The **Light** unifies, while the dark separates. The **Light** looks for similarities, while the dark looks for differences. The **Light** loves, while the dark fears. The **Light** raises energy and levels of consciousness, while the dark lowers energy and levels of consciousness.

Children of Light are peacemakers and unifiers, while **Children of Darkness** are warmongers, looking to separate, divide and conquer. The **Light** is non-violent and looks for peacekeeping and reconciliation via diplomacy, mediation and negotiation. The Dark is violent, aggressive, hostile, antagonistic, attacks, assaults and invades. The **Light** is about brother and sisterhood, friendship, camaraderie, alliance, tranquility, stillness, harmony and accord. The Dark is about opposition, control, competition, rivalry, antagonism, conflict, battle, war, struggles, disharmony and discord.

Ray Reads Patterns of Energy (La-Note Tool)

What is a La-Note Tool? True La energy has the ability to see and read **patterns of energy**. It can also perceive a higher Structure and Order, and then reorganize things within the higher structure. It provides a context to organize and understand the content of your experience.

Working with the Ray re-patterns how you think. I have experienced four stages or levels of working with the Ray and **reading energy**. These stages happen naturally when you have the intention to use the Ray as a tool to raise your Level of Being and consciousness.

- 1-Physical Level (Z1 Psychophysical Connection)**
- 2-Psychological Level (Z3 Psychospiritual Connection)**
- 3-Supramental Level**
- 4-The Real You**

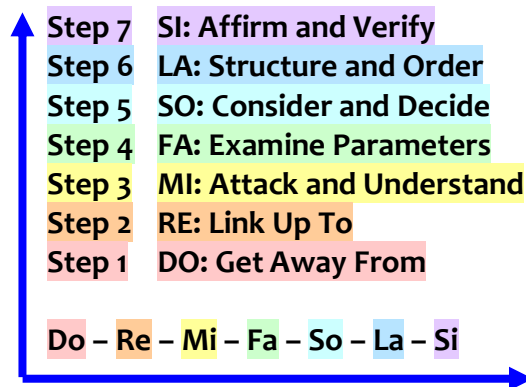
Level 1: Physical (Learning the Ray)

Key Words: Life, external, linear, categorical thinking

Physical Energy Centers: (Do-Re-Mi) Energy-Senses-Body

The Ray is not just categorical and external. But learning and following those kinds of Rays (like Baking a Cake or Buying a Car), engages the **physical level** of working with the Ray, in the tangible **physical world**. Yet, at this stage it's still difficult to watch and remember a Ray.

This stage engages the physical brain and intellect to learn the rudimentary language and mechanics of the Ray. In the journaling process, it primarily notices and records what happens externally in Life, without making the internal connection to Self. Life and Self, mind and body are still seen as separate boxes, and the Ray is seen as linear.



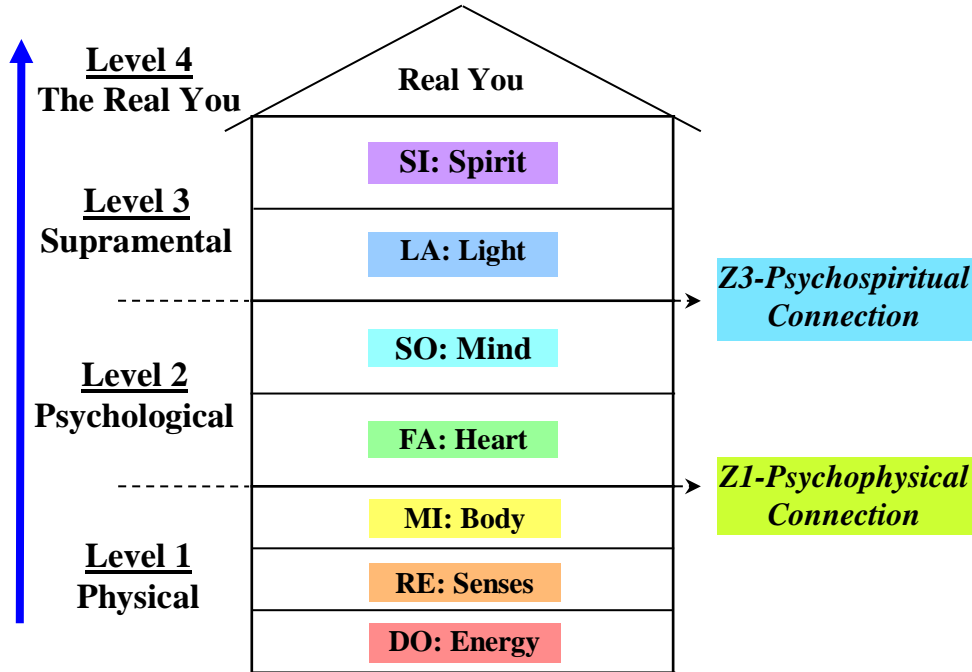
Z1-Psychophysical Connection

An inner bridge must be created to move from the **Physical** to the **Psychological Level**. Creating the **psychophysical connection** requires reconnecting the mind to the body. Many people have a tendency to ignore their body, instead of listening to the innate intelligence that resides within it. When physical symptoms arise in the body, instead of looking for an inner cause, they look outside for a supplement or medication to deal with symptoms.

Reconnecting mind and body requires accepting, believing and knowing that the body is a reflection of your beliefs and attitudes, and then identifying the mental and emotional (psychological) thought patterns that show up in the body, as clues to what needs to be released and then re-patterned in the mind and thought processes.

This requires loving, accepting, listening to and then nurturing your body. Making friends with it and bringing it more deeply into the fold of your awareness. Practicing MRT (muscle response testing) is one way of tapping into the innate intelligence within your body – asking it what it needs.

Four Levels of Working with the Ray & Reading Energy



Level 2: Psychological

(Doing the Ray)

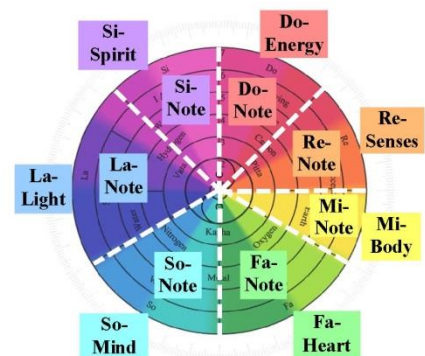
Key Words: Self, internal, circular

Psychological Energy Centers: (Fa-So) Heart-Mind

Doing the Ray, by practically applying the principles of it in your own life begins to reprogram the mind from old thinking to new thinking. This stage begins to work with the Ray at a deeper **psychological level**. This is when you start to get a sense of the Ray and experience it.

This stage engages the **Psychological Energy Centers:** (Fa-So) Heart and Mind in a process of examining your internal life more deeply. It notices reactions and discerns the difference between reacting and responding. Along with recording what's happening in Life, the journaling process notices and records your thoughts, attitudes, beliefs and reactions to these Life experiences.

At this stage, your awareness of the Ray becomes circular – noticing repeating patterns that circle around again, and then working to release second force resistances that have been keeping you stuck in old attitudes, beliefs and thinking.



Lots of deep inner work happens at this stage – continuing to clear deeper layers of beliefs that no longer serve you – making room for more **Light**. You are practicing discernment about what to release (dysfunctional), and what to nurture (functional).

When I was a young student, Mr. Hess made a variety of herbal oils and asked each student to sense each oil with their right hand and to describe to him what they noticed. When it was my turn, frustration and embarrassment turned to tears when I couldn't sense anything.

Mr. Hess was very compassionate and told another student to blindfold me. Then he asked me to take a few deep belly breaths and open and clear my Emotional Center. Then he asked me to use my Emotional Center to **read the energy** of each oil.

To my amazement – I could FEEL and describe how the energy of each oil was different by using my Emotional Center! This was a magical moment. This is when I learned that it was easier for me, personally, to **read energy** using my Fa-Heart-Emotional Center than by sensing. This is one of the gifts of my type.

Practicing opening and clearing the Heart/Emotional Center, and then asking your Heart to notice and read the energy as you ask various questions, is one way of tapping into the innate intelligence within your heart and soul. Practical application and experience turns intellectual information into knowledge and wisdom.

Z3-Psychospiritual Connection

An inner bridge must be created to move from the **Psychological** to the **Supramental Level**. This is a process of reconnecting the mind to spirit. **Reading energy** is NOT something that happens with the mind or intellect – it is **beyond the mind**. The purpose of the intellect is to learn concepts and a language, which spirit uses to communicate images and impressions into your awareness. Creating a **psychospiritual connection** requires unifying the intellect with intuition.

Developing your intuition requires belief, trust and faith that there is a Divine Intelligence that sees a bigger picture than what your finite mind can see at this current time. Then quieting the mind, having the intention to connect with your Higher Self and Creative Source (whatever you wish to call it), asking questions, and being receptive to sensing, feeling, seeing and perceiving things your linear mind hadn't thought of.

It requires accepting, believing and knowing that this is a benevolent universe and that help is available whenever you ask for it. Also loving, listening to and then nurturing your Essence and Higher Self, bringing it more deeply into the fold of your awareness.

Practicing various forms of divination (thumb of intention, pendulum, I Ching, Tarot, Leela) help to by-pass the linear mind until you develop the tools to get your own intuitive **energy readings**. The linear mind is a skeptic. Putting the skeptical mind aside for a while requires

you to believe just long enough to test it out for yourself. The more you practice – the more it works – the more belief turns into faith – which is knowingness from your own experience that it works a particular way for you (which is unique to you), because you have proved it to yourself. Belief-Trust-Faith-Knowingness.

Level 3: Supramental

(Reading Patterns of Energy, the Ray Doing You)

Key Words: Work, interactive, multi-dimensional

Supramental Energy Centers: (La-Si) Light-Spirit

This stage works with the Ray at a **supramental level** of awareness. The **Light** grows stronger as you exercise your inner muscles of intuition and let go of the old box that reacts and operates in survival mode out of fear. With new thinking, the **Light** turns on and you become aware of **patterns of energy**.

Engaging the **Supramental Energy Centers:** (La-Si) Light-Spirit increases your levels of **Light** and expands your awareness. You begin to notice the Ray everywhere and in everything – at all levels – physical, psychological and spiritual; from the mundane to the cosmic. It's a spiral and everything is interrelated and touches and connects with everything. This is multi-dimensional awareness.



Before Mr. Hess made a decision about anything, he always asked the **Light**. Then he often threw the coins to get another form of **energy reading** of what direction to go. When I asked him what he meant by “The **Light** will follow the Ray,” he said “when you want to go someplace (in a certain direction), God will prepare the way so that it's ready when you get there – you know when God wants you to do something.”

That's one way of describing serendipity – doors of opportunity open, the way is made clear, and you have everything you need along your journey.

The answers you receive from a divination tool depend on how you ask the questions. My questions always ask, “What is the Right Relationship and in accord with Divine Will?” The clarity of the interpretation and **energy reading** you get depends on your level of filters.

I notice that sometimes my linear mind gets into the act and starts out with a literal in-the-box interpretation. Then, when I get up from the reading and allow some time for spirit to come in (by doing some practical chore or sleeping on it), a deeper meaning, with a clearer and more expansive interpretation is revealed. It's a constant process of surrendering ego to Essence, linear to quantum and multi-dimensional, lower to higher consciousness.

Whether you use some form of divination or not, this deeper level of Work with the Ray becomes interactive by developing a relationship and connection with whatever you

conceive of as the divine – and developing your own divine nature. As your awareness expands, your interpretations become clearer.

This expanded awareness gives you the **Light** to see how to re-interpret past events in your Life, and re-write your past story to align with a future story that fulfills your highest potentials. You must see it and believe it first, to then create it.

This level Work also includes **integrating** the Ray into your Being to make it your own. Mr. Hess integrated the Ray by writing thousands of Rays. While he was a newspaper reporter he wrote a Ray of every news story that came across the API news wires. When the Watergate story hit the news, he had developed the ability to predict the outcome by using the Ray.

I integrated the Ray by journaling the Ray, writing Rays, applying it to my life and businesses, and running myself and others through physical, psychological and supramental Rays. At a certain point I noticed that in some instances I could see into the future because the Ray helps you **read energy** potentials. The future is never set in stone, but when enough energy reaches a critical mass, the potentials become a reality.

At this level, although you may continue to track the Ray, when you're out there dancing with Life you no longer need to track the specific notes of the Ray as closely because the Ray is a part of you – it's doing you. When it's programmed into your Being you get an intuitive sense-feeling-perception of what time it is by the Ray and what to do when.

The Ray is not just a flat spiral – it operates in an upward evolving spiral as you ascend into higher octaves, engaging higher energy centers (that operate at higher and more refined frequencies), opening you to higher levels of consciousness.



Level 4: The Real You **(Spirit in Action, Co-Creating)**

Key Words: I AM Presence

All Energy Centers Engaged: (Do-Re-Mi-Fa-So-La-Si)

Energy-Senses-Body-Heart-Mind-Light-Spirit

The Real You is Spirit in Action. It's being an instrument of spirit as it flows through you unhindered. You have a relationship with God consciousness that resides within you. This allows you to remain above the fray, with a peace that goes beyond all understanding despite whatever is happening around you.

Journaling the Ascending Ray

Mr. Hess used to call this level the “Fourth Real Thing” because it synergistically evolves whenever the first three levels become fully activated and engaged. This is the Real You – who you **Really** are.

The Fourth Real Thing is dancing and playing with any and all energies whenever they are needed. All energies are integrated, there is full I AM Presence in the current now moment, with the ability to use them all simultaneously.

For me, this is about co-creating in partnership with the divine Creative Source. It’s having fun dancing and playing with all the energies simultaneously. It’s liberated living, loving and playing; accessing your divine blueprint and fulfilling your divine destiny.

Mastering all energies in all layers allows you to access any or all of them simultaneously in the full I AM Presence of Spirit in your life, as a co-creator of your best ideal life and self which creates a new reality on earth.

I created this maxim after discussing in great detail how to re-pattern and integrate each energy center with the Ray. This is my own personal experience of how it feels when the Ray is a living tool that you carry with you in your Being. You will have your own unique experience.

