

How Ascension Works:
How to Transform Ego and Evolve Consciousness
by integrating the Shadows in the process of Soul Embodiment,
so you can Live in Heaven while your Body is still on Earth

Introduction

In March 2020, I was furloughed from a job I had with Greenpeace for 3.5 years, because of covid-19. For the first few months I went through a very deep inner and outer clearing process – in my Self, my home and garden. I rediscovered that no matter what area of my life I’m focusing on, that I dig deep – to get to the root (garden), the core (essence). Finding and eliminating the root-causes of density in our body, heart, mind and spirit clears space for lasting, enduring upgrades in energy, frequency, vibration, and how we experience Life.

How Ascension Works was written and compiled during the year of covid-19 – a time when deep levels of polarity, division and separation in the world became even more apparent. From the cosmic perspective, I’ve heard that 2020-2024 is a time of deep clearing and purging for all of humanity, individually and as a collective. For this reason, it feels important to share this perspective at this time. There are techniques not only for clearing and releasing personal energies, but also for those of the collective.

Various sources have called human beings a ‘creator race’. My relationship to that concept continues to take on new meanings as I continue to grow and evolve. Experiencing new levels of awareness indicates that we are ascending. I’ve practiced being a co-creator for a long time. At the heart and soul level, we have always been linked with our creator, and have a divine spark of the creator’s energy within us. Whether we are aware of it or not, we are always in the process of creating our life, our surroundings and our level of reality.

It’s become cliché to say “it’s all about the journey, not the destination.” Yet even with knowing, living, teaching and practicing that understanding for many years, to be completely honest and authentic – there have still been times when I have judged my own creations and then my Self as a ‘failure’ when they didn’t result in the outcome I had hoped for.

What I’m beginning to experience and appreciate at even deeper levels than before, is that no matter what the outcome, just the process of creating is a healing journey. I told a friend that writing and gardening ‘keep me above the fray’. For me, the illusion of time disappears when I am fully immersed in those activities and creations. Although healing wasn’t the initial intention, motivation or inspiration for these articles – that’s what the journey of creating them has been for me, personally.

What sparked the initial flash of inspiration was working with a student on the other side of the world via zoom sessions. We had been working on **nurturing her true nature** with her Sacred Typology charts, the Commonplacer, and Typological Energy Balancing while she was in quarantine during covid-19. During that time she had also been experiencing relationship

difficulties. Then she said that she wanted to work with *Journaling the Ascending Ray* (which is a tool I created to raise your level of being and consciousness, and turn unconscious reactions into conscious action).

But when she started getting ready to move back to the country where her boyfriend lived, I received a very strong vision and message that instead of the Ascending Ray, she needed the enneagram information to empower her to make her own connections of what to release, before she saw him again. I also received a message that she had just finished a physical detox, and now it was time for a psychological detox.

For me, this creation process evolved way beyond what my mind initially saw as a few simple, short articles about the enneagram. What often happens with me is the initial vision starts out with a flash of insight, and then as I get into a project it takes on a life and consciousness of its own, continuing to deepen and expand into areas I hadn't dreamed of – with it telling me where it wants to go.

As it turns out, during the process of creating these articles I had to face my own fears, spiritual by-passing, and resistances to sharing and discussing the dark side. It's no coincidence that this happened during the year of covid-19, and that sharing how to transmute and integrate those denser, heavier energies has been my own refresher course and instruction manual of how to unify those energies to become more whole.

A few weeks into this project I received an insight that I was creating the enneagram articles as a bridge to the Ascending Ray, because these articles explore and identify the unconscious reactions to release. Fear and reactive energies are denser than the more refined energies of love and light. The value of releasing the density first, is that it allows us to create something new on a clearer foundation. Just like in my garden, I always clear the space of weeds before planting new plants. That way, the weeds and the new plants aren't competing for the same space and nutrients, which gives the new life a greater opportunity to thrive.

After a couple months into this creation process it became apparent that what started out as enneagram articles were turning into what I called shadow-ascension articles, as a way to unify and integrate those two extreme ends of the stick, i.e. darkness and light. Life is a mirror of our inner self. The only way we're going to heal the outer world of division and polarity is to heal the division, polarity and separation within ourselves, first – and become more whole and unified.

I wrote in my journal: “This series of articles integrates the polarities of Dark-Light, Dense-Refined, Humanity-Divinity, Shadow-Ascension (3D-4D-5D) into a unified wholeness perspective. This perspective supports the process of aligning **Personality** to express as **Essence**, Higher Self, Soul.”

Essence is an inside→out view, and the **Sacred Typology** charts share the seven layers of your real and true **Essence**, **Being** and **Real Personality**. Learning about those energies shows you what and how to *nurture your true nature*.

Even though **Sacred Typology** is based on your date of birth and uses an objective mathematical calculation, it is **not** astrology, but there are some similarities. I love how astrologer Pam Gregory described an astrology chart during her interview with Lee Harris on *Impact the World*. “The chart gives you the unique pattern and pure potential – the unique sheet of music – but it doesn’t give you the level at which the music is played. It’s the level of consciousness that determines how magnificently the chart is going to be played.” The way I have expressed this is that a **Sacred Typology** chart can’t read someone’s level of Light and consciousness. Both astrology and **Sacred Typology** give a reading of the pure potential.

One difference from astrology is that **Sacred Typology** has zero forecasting ability. Another difference is that it gives you tools that share how to raise your level of Being and consciousness to embody your fullest potential.

All forms and systems of astrology and typology offer ways to identify and name different qualities of energy from a non-judgmental perspective, meaning it’s not good, bad, right or wrong – it’s just energy manifesting in different ways. Many forms give you a description of some aspect of your nature – and you either see these qualities in your Self or you don’t – but then what do you do with that information?

Sacred Typology offers ways to deepen and enhance your practice of self-love with tools that personalize self-care and energy maintenance for you, your family and loved ones. Many of the self-care tools are for the balancing and health of your Body-Heart-Mind-Spirit, which is what I call **nurturing your True nature**.

Becoming *who we really are*, as our truest Self, is a simultaneous journey from the inside→out and the outside→in. This **Shadow/Ascension** self-study course focuses more on **Personality**, which is an outside→in view. Just as important as **nurturing your true nature**, there are often aspects that require letting go of, to **release what no longer serves**. This shares what to release that helps lighten you up, allowing you to ascend.

Sacred means releasing what’s false (the **False Personality**) to allow our real and True **Self** (our **Essence**) to be the leader, the master. This shares how to know what comes from **False Personality** (lower mind ego) that must be released to make room for our unique **Essence** and Soul to reside in and express through our **Self** while in physical form.

My feeling is that we must shed light on the truth beyond the illusion, and understand the bigger picture of how things work if we are to be the best mechanic/musician we can be, to tune our vehicle/instrument to play the most beautiful harmonious music – to play the game of life with joy instead of struggle, to align with our destiny and soul purpose, to expand into larger realms of understandings and abilities, and to become a cosmic citizen.

How Ascension Works spans the depths of fear to the heights of love. While it is a deep dive into the world of density and the workings of the unconscious **False Personality**, at the same time it also explains the current ascension process that all of humanity and the earth are currently experiencing. It integrates the 3D-4D-5D perspectives as a way to simultaneously identify and release denser frequencies, as we embrace and ascend into higher frequencies.

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