WHAT IS SELF-ASCENSION?
Your Guide To Self-Discovery At
Humanity’s Moment Of Divine Inquiry

A Gift Of Love For You From:
Wisdom Teacher Sri Ram Kaa & Angelic Oracle Kira Raa
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by Sri Ram Kaa & Kira Raa
The Temple of Self-Ascension

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I AM HERE
I AM READY
I AM OPEN
GUIDE ME

...The Mantra of Self-Ascension
A gift of love from Archangel Zadkiel
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“Know that Joy is your measure! Joy is the signal from the soul that you are doing exactly what you need to be doing. Joy is a practice, it is a choice.

...Archangel Zadkiel,

page 104, Sacred Union: The Journey Home, by Sri & Kira

Welcome to the Journey that is Self-Ascension!

What an extraordinary journey!

This is a journey that you are already on and one that has called you to read this little booklet!
Have you ever wondered?

• What is Ascension and am I able to accomplish this in this lifetime?

• Can my life really be filled with Peace, Love and Joy?

• How can I embrace true freedom while living in the habit of fear, or stand in liberation while clinging to judgment?

• Is it possible to break free of these habits, and live with Authenticity?

Have you ever simply asked for a moment of true Peace? Peace in your daily life, in the lives of those around you? What about global peace?

Peace is your birthright! It is a state of consciousness, not an environmental requirement. It begins with you.

Living that Peace within the worldly fear-based paradigm is what presents the challenge. Self-Ascension is actually Sacred Union with the Soul. Self-Ascension is a gift we give ourselves by embracing our Authentic Peace, Love and Joy.

Self-Ascension transcends the habit and belief that Peace, Love and Joy are emotions. Escalating in recent years, and especially since December 21, 2012, each day we are confronted with the choice: trust or fear? As the outer world presents with economic turmoil,
political instability and Earth Changes; this is confirmation of the Shift of the Ages, the grand transition.

These energies stimulate a sense of emotional unrest in all Beings, and they inspire us to seek answers to the bigger questions!

Humanity is at the ultimate moment of revelation and you are living a great adventure! On the one hand the world is in crisis and polarity, and on the other hand we are at the cusp of Spiritual Unity. Living the experience of this paradox is weaving the fabric for your life’s journey.

This cacophony of experience has brought you to your opportunity for awakened Consciousness. Invite the energy of these times to stimulate you to live abundantly, joy-fully and awaken the Master that resides within you.

Your day to day experience is your spiritual pathway!

Breathe deeply and smile...it is your time for Self-Ascension!
What People Are Saying about
Wisdom Teacher Sri Ram Kaa & Angelic Oracle Kira Raa

“Sri and Kira are Uplifting the Consciousness of the World!”
Newsweek Magazine

“I feel a sense of joy when I am in touch with Sri & Kira.
I feel like I am joining my essence with theirs and
it feels wonderful!”
Barbara Marx Hubbard
Author, Social Innovator and President of the Foundation for
Conscious Evolution.

“Two of the best examples of open-mindedness!”
George Noory, Coast to Coast AM

"Sri and Kira are bringing forward important work for these
times. I suggest you pay attention!"
Dannion Brinkley
Million Selling Author: Saved by The Light

“Sri & Kira’s work is really timely and important for the world!”
James Redfield
Million Selling Author & Movie Producer:
The Celestine Prophecy
Chapter One

What is Self-Ascension?

Free Yourself to Take A Journey that will Forever Shift the Way you Live your Life!

Spiritual growth is an awakening! The remembering of who you are as a spiritual Being, independent of time and space.

**Self-Ascension is a journey that celebrates the Truth of your Soul.**

As we evolve, we learn to discern the difference between our personality-self (ego) and our authentic self (soul). Each of us returns home to our essential Authenticity in our own way; our life experiences stimulate this recognition. This is indeed a most joyful homecoming!

Think about your life, right now! What has called inside of you to read this little book? What are the events that have brought you here...now?

The Temple of Self-Ascension was created to share sacred information that nourishes and supports Authenticity. We are blessed to be consciously guided by the Ascended Masters, Archangels, and specifically Archangel Zadkiel, who brings great compassion and wisdom to the planet at this crucial time in our collective history.
Giving yourself the gift of activating your Soul’s Purpose for its highest expression allows you to nourish and maintain a state of enlightened living and true bliss. In their revealing book, Sacred Union: The Journey Home, Sri & Kira offer an in depth introduction to the path of Self-Ascension.

This powerful true story shares how Divine Prophecy has been honored by the re-unification of Sri Ram Kaa and Kira Raa. It lovingly expresses the acceleration experienced by this mystical couple that dissolves the ego and opens the door to living in Unconditional Love through the presence of Self-Ascension.

Self-Ascension is a pathway that opens the doorway of Enlightenment, and we are honored you have decided to activate your ascended presence, which is why you are reading this book, right now!

_The Path of Self-Ascension is Paved with Peace, Love and Joy!_

Peace _Knows_ God  
Love _Connects_ with God  
Joy _Embraces_ God

Self-Ascension is the re-alignment of your identity from the personality-self (ego) to the Divine-Self (_Soul_), which is your true Authentic Self. Once this realignment ignites, your life experience shifts in ways that defy the mind.
Self-Ascension invites you to release the grip of the ego as you reside in spaciousness. Listening, (and trusting), your Spiritual Guidance opens the door for the Divine-Self to come forward. From this space, your Divine heart-centered state that is ever joy-filled and manifestly abundant is your day to day life experience!

This path of conscious evolution is both challenging and rewarding. As we blend soul-consciousness into our day-to-day experience, the dramas of the ego begin to ease and then permanently dissolve. Activating our Authentic Soul ignites new clarity in our daily lives.

As your Authenticity emerges, you may be called to a new career, a new primary relationship, or experience other changes that can stimulate fear.

As you claim your path of Self-Ascension, the wisdom of your eternal Soul comes forward, the ego relaxes and fear becomes less compelling.

The path of Self-Ascension invites us to focus, trust and receive loving guidance along the way. The ego will readily sabotage one’s progression through the journey of liberation if the inner voice is not cultivated.

The Joy of Soul-based living is worth the effort and we celebrate your spiritual tenacity to move forward!
When the experience of living Self-Ascension was first introduced by Archangel Zadkiel, the following question was asked:

**Q:** What is the difference between Self-Ascension and Ascension?

**Archangel Zadkiel:** “Self-Ascension is the conscious recognition of the master you are while you are still in form. It is the release of all self-doubt and fear while calling forth the soul as an active participant in the life-experience. We smile at the talk of “ascension”, for it is not necessary to ascend back to that which you already are! You simply need only remember and live your life with that knowing as a presence for others to do the same!”

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**Whether you are conscious of your Presence or not, it is the inescapable truth of life in form.**

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**Daily Reflection**

www.SRlandKIRA.com
Chapter Two
Living Peace:
The Four Steps of Self-Ascension

What is Self-Ascension and Authenticity?
How are they different from what we have experienced or heard before?

Self-ascension is a way of life, an authentic pathway that is simply attained through four simple steps. These steps occur within your life in no particular order. They are powerful within their simplicity and the farther along the journey, the more refined they become. It all begins with conscious awareness of the steps, from there, we are ready to walk with them!

The steps are:

Surrender
Release Judgment
Unconditional Love
Be in Union

Step One:

Surrender: This is the KEY..and it is based upon the willingness to Surrender what surrender looks like!

It is the moment when we stop negotiating with the Universe! Surrender is the moment we relax
our ego and trust the Divine to guide us. We so often resist our Divine soul that we forget how easy it is to claim it. Surrender is often debated as a concept and thereby largely misunderstood.

The journey of Self-Ascension inspires us to relax the need to have all the answers. In its place, it ignites the precious gift of allowing the Divine to work through us. This is where miracles begin!

**You are a Divine being with extraordinary co-creative capacities.**

We often get in our own way through mind chatter and self-doubt. This is why surrender opens the portal to our deepest sacred connection and most abundant life experience.

**Wondering what your life purpose is?**

*To consciously remember without doubt that you are capable of great achievements as you allow yourself to manifest them with grace and ease.*

This becomes a simple process when we allow ourselves to surrender and trust in the knowing that all is in Divine order. This is the gift of Self-Ascension.

**Step Two:**

**Release judgment:** We invite this step when we gift ourselves with the full and unconditional release of judgment of the self. This is paramount, for until one awakens to the greater
spiritual mysteries, our lives are a series of unconscious events that have brought us to the moment of awakening.

Only the ego would seek to judge.

Once this is fully understood, you can begin to appreciate the gift of who you really are! To fully release judgment of the self means you are ready to be totally honest about your self-judgments and see them for what they truly are: reflections of fear, not truth.

Can you gaze into a mirror and smile at what you see?

Are you able to bring yourself into the role of a witness of your own life?

Until we can fully release judgment of the self, we are not able to release our judgments of others and discover that forgiveness is challenging.

When we forgive ourselves, we can easily release judgement of all beings and effortlessly create a life of Peace, Love and Joy.

Step three:

Unconditional love: What if, just for today, you gifted yourself with appreciation for all seven billion souls on this planet? How would it feel to offer yourself the freedom of embracing ALL paths to the Divine? The honest recognition that each path does not need to be the same as yours, and it may indeed be radically different.
THIS is the experience of Unconditional love! Trusting in the Divine expression of All-ness as expressed uniquely by each sentient being.

Free yourself from believing that you are anything other than Unconditional love, and the door of your true Soul opens wide.

Unconditional love is beyond the brain…it is a fluid experience. To discuss this energy as a concept is to minimize its power in your life. There is a profound blessing as we live the gift of unconditional love; to fully let go and experience everything as the innocent child once again.

**Gaze at others as the extraordinary manifestation of yourself. See the Divine in all eyes and your heart will activate the gift of re-ignited wisdom. This activated seed of wisdom will quickly grow into passion for your life’s journey through Unconditional love!**

Step four:

**Be in Union:** There are many that hold the concept of Union as the belief that another person is needed for this experience. Yet, when we boldly and completely accept Union with our Soul, we discover the fullness of our authentic self and release any misperception of being alone.

To live with the awakened presence of union with the Soul, is the experience of oneness and reunification. It is only after we have invited this
gift to permeate our life experience that we are ready to be in Sacred Union with a divine partner.

Often we have had many worldly partners. Each has played their role perfectly as one who assisted us to grow as we discover the moment of oneness within. This is a great gift and these “relationships” are the blessing that prepare us for the ultimate “partnership”.

*Just for today, allow yourself to say “thank you” to your Soul for holding the space of Union for you. Step into the divine embrace of your sacred heart, and breathe the truth of your Authenticity.*

This is when you will know the freedom and Abundance of living in Peace, Love and Joy. This is where you were born to return.

Daily Reflection

*Whenever the mind reflects outside of the moment of wholeness, it is a big gift that is offering to you the recognition of stabilization of all emotional turmoil.*
Chapter Three

Who is Archangel Zadkiel?

When Sri and Kira came together and activated their soul agreement, Archangel Zadkiel appeared to them through the insoulment of energy into the body of Kira Raa. This story of true love and mystical blessing is shared in its entirety in the book, Sacred Union The Journey home.

Not being familiar with Zadkiel until after this event, Sri and Kira were passionate about sharing the love and unifying messages of Zadkiel to the world. If you are not familiar with Archangel Zadkiel, then you will be glad to know that Zadkiel is the beloved keeper of the Violet Flame of transmutation, and works with the Ascended Master St. Germaine.

Archangel Zadkiel is here at this moment in history to offer humanity mercy, compassion and upliftment.

Biblically, Archangel Zadkiel is credited with holding back the hand of Abraham from sacrificing his only son.

Archangel Zadkiel is also found in the Tree of Life as the Fourth Sephirah.
Many claim that the name Zadkiel means the “Righteousness of God”. Zadkiel energy is filled with Love, Joy and Laughter!

The shield of Zadkiel is a powerful energy that assists humanity to navigate these times and you can learn more about Archangel Zadkiel’s messages for humanity at www.SriandKira.com.
Chapter Four

The Self-Ascended Chakra System

The chakras are traditionally recognized as seven energy centers located along the spine. Each is associated with a specific color and most often experienced as an orbital energy radiating from the body. This traditional system of viewing the energy of the body has served humanity for millennia.

The energy channels that are supported by our chakras are a foundation for the experience of our lives. When they are out of balance we are often in distress and find challenges in creating the life we want. Similarly, when that are in balance, we discover harmony with greater ease.

*The years 2015-2022 are the “Ascension Escalator” for humanity. This energetic portal reminds us that we are now at the moment of Self-Ascension. Due to this powerful energetic shift, our chakras are transforming!*  

As we each claim this ascended energy into our lives, we lift into the ascended state spiritually, emotionally and physically. The chakras ascend with us and transform from a spinning orbital energy into a figure-8 flow of balanced energy.
The Self-Ascended Chakra Portrait, (above), depicts our chakras in the Self-Ascended state. The picture shows the chakras centered within the Golden Merkabah of our energy body that is also raised into a higher vibrational state. This Merkabah aligns with the Golden Mean ratio or higher aspect pyramidal form and radiates a golden energy.
Similar to the traditional chakra system, self-ascended energies are located within the physical body at the same locations. However, it is most important to note that Self-Ascension energy is experienced as the balanced swirling spiral of the infinite.

This shift is a tangible. It can be felt as it assists the body to stabilize at the heart center as the unified root center of the Self-Ascended state of being.

You will also notice that beginning with the fourth or heart chakra, (counting from the bottom up), two infinite spirals are intersecting. This represents the cosmic energy integrating with the physical body at the heart center. The heart is the foundation!

Often when one first ignites their heart center as a “new foundation”, it may be momentarily experienced as de-stabilizing. After all, for millennia, humanity has been instructed to send energy through our foundation at the 1st chakra into the earth.

Remember that the first three chakras are associated with worldly preoccupations such as safety, sexuality and power. Your Self-Ascension begins as the worldly preoccupations soften in their influence over you.

Our planet is lifting quickly into higher vibrational states and we are being asked to lift with her. To do this requires us to re-anchor our center as the divine heart! This allows us to empower
true passionate action in form. The heart becomes our point of interaction with the outer world.

As we lift up from the heart center, notice that the double infinite intersection does not exist at the throat, (fifth chakra). This is a significant shift, for once anchored within the Self-Ascended state, words become unnecessary.

The throat transcends and becomes the Truth Chakra. Through this beloved shift we are able to fully call forth the Divine integration of the heart and the mind without the interference or separation of language. We flourish as universal citizens no longer bound by limitation!

The Self-Ascended Chakra system is empowered by the heart and culminates with full illumination just above the crown chakra, (top of head). This is the Lotus or eighth chakra; the energy of union expressed through loving trust in Universal inspiration. It is the halo so often viewed in ancient depictions of saints.

When our Self-Ascended Chakra system is fully illuminated it opens the Golden Spiral of Divine Connection that “fuels” our Ascended Merkabah. This gateway opens our divine
nature to effortlessly experience the inter-dimensional fullness of enlightenment and assists us to maintain peace, love and joy in our worldly lives.

Living among the distractions of worldly affairs we must remember that we alone are responsible for assisting our chakras to stay in the bliss state.

The role of Anger:

Our emotions often distract us from the peace and bliss that is our divine nature. The most destructive emotion is anger. Anger has one purpose: to notify you when your boundaries have been violated. Anger offers a push energy to help a person establish a boundary, often through the emotions, to protect themselves. Anger separates us from peace.

Anger is the universal signal that your comfort zone has been violated. Frequently anger arises as we were not conscious that things had gone too far. It was only after the anger appears that we see the journey that led us to its doorstep. We each have many boundaries and expectations we project out onto the world.

When someone triggers our anger it is often probable that we had not shared with them about our boundary. This once more brings us back to the recognition that self-responsibility is paramount.
When you feel the slightest anger or frustration, stop and listen to your inner wisdom.

*What expectation was violated?*  
*What are you needing?*

If another person is involved, the kindest action is to inform them where your boundaries are. If you do not share with the other person, then you are sending a signal to the universe that your needs don’t matter, and the universe will respond in support of your signal!

When we deny our needs, and are dishonest with ourselves, we set up an energetic signal that will perpetuate the problem. This shifts our chakras out of balance as it amplifies unhealthy patterns.

This repetitive pattern of not getting our needs met, (because we have not been honest with ourselves), holds in place the subconscious belief that “there is something wrong with me,” and “I don’t deserve to be happy,” thereby solidifying a pattern that will then repeat often.

You can quickly and simply dissolve these negative habits. The “Navigating the Inner Matrix” home study course found at the Self-Ascension Classroom at SriandKira.com, unravels and heals these subconscious patterns. The Certified Self-Ascension Coaches who assist you through this program have personally gone through the training two or more times and have each moved through these life challenges.
Self-Ascension is an ongoing journey. As you progress you unravel deeper levels of truth, as you claim greater self mastery. When you may feel uncomfortable is the valuable opportunity to unravel a deeper truth!

If your life has repetitive emotional patterns that are uncomfortable, then now is the time to look deeper. Repetitive patterns are a sign that you are unconscious of the deeper truth that is seeking to be revealed.

*How can you discover the truth by yourself if you have already repressed it?*

*This is why a coach can be a valuable ally.*

If the repetitive pattern involves another person, then you are both participating in the denial. Seek clarity by exploring the issue with someone who does not have their own denial patterns in place!

Self-responsibility requires the energy of willingness. Be willing to look, willing to trust, willing to feel and willing to take action.

Self-Ascension builds its foundation upon your willingness. Without the self-trust needed to sincerely be honest with yourself, freedom is elusive.

*Self-Ascension is the freedom to lift into your highest expression consciously and Joyously.*
Anger can be your friend if you use it to discover your deeper truth AND share that truth with your partner and friends. Anger always has a target, thus it must involve both parties if the energy is to be useful.

Anger is a call to self-responsibility. With self-trust and honesty, anger serves it’s highest intent and provokes a deeper recognition, an “ah ha” moment. Once revealed, that uplifting moment releases the anger energy and opens a flow of Joy.

Personal evolution is predicated upon self-trust and honesty. With these two qualities in place, we can resolve all forms of pain, attachment and limitation. Our personal Self-Ascension process becomes a natural flow.

Self-Ascension inspires you to give yourself permission to unplug from social and spiritual conformity.

This does not mean that you are dis-respectful, simply that clarity and truth are more important than “being nice.” Self-Ascension empowers you to trust your inner knowing even when those around you may be pointing in another direction.

Here is a simple effective process from the “Navigating the Inner Matrix” Program to assist you.
Whenever you feel triggered by something, bring your hand to your heart and take a deep breath as you notice your inner experience, then with sincere intention declare:

“In this moment I trust myself.”
Continue to breathe deeply into your belly. As you begin to feel more centered in your heart then follow by declaring:

“I tell myself the truth”
Now calmly explore your feelings and thoughts as you discover your deeper level of truth. Be in the joy of loving self-discovery! You may want to journal about this as you allow more to be revealed.

Why not choose Trust and experience Joy?
It is your birthright!

Feel your eyes ILLUMINATE with the divine.

Daily Reflection www.SRIandKIRA.com
Chapter Five

Are there Physical Ascension Symptoms?

YES! There are tangible signs that you are ascending. Through your awareness of these experiences, you will discover a greater sense of trust and support in your process.

It is important to remember that time is accelerating and folding upon itself! As the energies on the planet escalate and stabilize into higher frequencies, your third dimensional experience IS lifting into the 5th dimension!

With the entrance of the energy of the Fifth Dimension, many are experiencing fleeting discomfort or shifts in their body, mind and emotions. The 3D “medical experts” would call these sensations symptoms! Often people may try to medicate these experiences, when in fact, they are simply Ascension Acceleration Energy Experiences!

This list has been compiled at the request of the Archangelic Realm to offer you reassurance as you walk through this process of rapid integration toward your Self-Ascension. The Ascension Energy experiences listed below are offered with great love as “markers along the way”. They are signs of your expansion. As you
embrace them and release fear, your ascension energies grow stronger.

If you are experiencing one or all of these energies, we encourage you to:

Breathe, Laugh, Smile, and KNOW… you are on your way!

AAE Checklist

1. Headaches: May be experienced as non-localized pressure in the head, or as waves of pressure that seem to move. Third eye “pressure”.

2. Visions and/or new “sight”: Your vision may seem to be shifting or non-stable. You may feel you require glasses one day, and a different shift the next. You may be certain you are “seeing” someone/thing out of the corner of your eyes. A deepening sense of the ability to “see” is calling to you. Try to relax into the message when this happens.

3. Sleep pattern interruptions: This takes on several different forms. The most important thing is to allow the energy to flow. Try not to resist it. You will not be sleep deprived unless you ‘fight the flow’. This is often a time of deep connection… you may want to ask clearly for a message.

4. Feeling that you are going crazy, or losing your mind. This may also feel as if you
are unable to focus in a manner you are accustomed to.

5. Re-visiting habits and patterns that you were confident were gone. Try not to go into judgment around this. In order to fully “ascend”, you must be at peace with old habits. Just say “thank you”, and keep moving forward!

6. Emotional tenderness, mood swings and “mania”. Know that you are moving an extreme amount of energy. Be gentle with yourself through this shift.

7. Embracing Unity consciousness. Feeling overwhelming love for all of humanity, the planet, your existence.

8. Heightened sensitivity to smell, sound, and taste. This can also include a shift in your eating preferences, aromas you enjoy, and music selections.

9. Losing track of “time”. This can manifest as missing appointments or exits on the freeway. Being late for meetings, needing to ask “what day is this?”

10. Physically dropping or bumping into things. Be careful here, know when it is not a good time to be cutting the vegetables!

11. “Hearing” high pitch tones, or a series of tones. This may also be accompanied by a pressure in one or both ears. This is another
good time to ask for a message, be still and notice.

12. Spiritual Death or brief suicidal thoughts. Try to remember that these are merely third dimensional concepts trying to unlock an understanding of what you are experiencing. Each being is transcending into a higher frequency. What was, is no more. Offer yourself enthusiasm for the next step of your journey.

13. A heightened sense of “not being on the planet...or from this planet”. This may also express itself as a sense of detachment, and occasionally may feel like a hangover.

14. A general sense of “free flowing” energy which can often manifest and be mis-interpreted as anxiety without basis.

15. Krias: *jolts of energy that are felt physically and often will move your body.* They can be felt as a wave of energy or a sudden jolt that may lift you. Breathe through this experience and let the energy flow.

16. Lack of focus and attention for any length of time. Try to patient here, keep lists, and simply recognize that you were busy in another dimension.

17. Heightened/newfound discomfort with some public environments. This is usually triggered in “high density” buildings with toxic lighting, air, etc. If you must engage, try wearing
a scarf or sunglasses to assist your energy field to be shielded and comforted.

18. Sudden urge to make everything spacious. You may desire to release a personal “treasure”, feel a need to remove old clutter, donate old belongings, and remove furniture. You are making room for the new energy, let it be fun.

19. Heartburn or chest pressure. Your Galactic Heart is opening!

20. Attraction to new colors. This can also include a desire to totally change your wardrobe. Paint your bedroom, etc.

21. Change of priorities in your career/relationships. This often occurs when there would be no “rational” reason to make a change, however, you feel called to make a change.

22. Feeling of “moving fast”. You are accomplishing more energetically in a shorter period of time! This may have a physical “rush of energy” sensation. You may find yourself on a Friday feeling as if a month has passed instead of a week.

Now that you have allowed yourself to identify some of the AAE’s that may be coming forward as part of your journey of Self-Ascension, the logical question is:

*How can I make this easier?*
Here are some ways to flow with your expansion into Self-Ascension.

**Tips for Flowing with AAE’s**

1. First and foremost, do not panic or overreact! Know that, this too shall pass. Smile! Be grateful that you understand why the symptoms are here.

2. Offer yourself the gift of deep breathing. Bring your hand to your heart, center yourself, take a deep breath and *Trust your process!*

3. Choose Joy! Look for beauty and joy in your daily activities, as Joy is a signal that you are integrating 5th dimensional energy.

4. Drink as much fresh, pure water as you can.

5. “Lighten” your nourishment. Ascension Energy is “light” and a dense diet will be in conflict with the flow. A vegetarian diet will make the transition easier. Even if you only “lighten” a few days a week, you will notice the difference.

6. Use the Mantra of Self-Ascension daily to ground yourself in the truth of conscious evolution. *I am Here, I am Ready, I am Open, Guide Me.*

7. Gift yourself with gentle movement every day. This can be as simple as walking, Sacred
Yoga, swimming. Allow yourself the connection of moving the energy.

8. If your mind just can’t relax and you feel you need medical attention, then by all means, get it. Your mind will not allow your Self-Ascension if it is pre-occupied with other matters. Be kind to you!

If you like to tango, you tango.
If you like to rock and roll, you rock and roll.
It does not matter.
What matters is the dance.
What matters is the celebration.
What matters is that you are present for this experience.

Daily Reflection  www.SRIandKIRA.com
Chapter Six

Who are Sri and Kira?
The Temple of Self-Ascension was founded by Sri Ram Kaa and Kira Raa who have surrendered what most consider “normal” lives to be in world service.

Sri Ram Kaa and Kira Raa are two mid-life former CEO’s. Highly successful in the world of density, they are were both called to leave their careers and pursue spiritual alignment before they found each other. When they met, a deep recognition came into consciousness.

Unknowingly and instantaneously, this activated their soul agreement resulting in a spiritual expansion that avalanched into angelic visitations. They were shown visions of a possible new earth and received Angelic guidance that stimulated the transformation of their bodies, minds, and hearts.

The One with the Other, they were drawn like magnets to the edge of their comfort zones. There they discovered time and again that we all can chose to say "Yes" as we walk through fear, doubt and self-judgment into the Peace of Self-Ascension!

They discovered the joy of surrendering into a depth of intimacy that is rarely sustained in
partnerships. This process is outlined in their best selling book, Sacred Union, The Journey Home.

Honoring the Divine Prophecy as revealed to them by Archangel Zadkiel, they are committed to nourishing the Authenticity of all beings. They have co-created a variety of workshops and home-study training materials to lovingly assist others to find their pathway to conscious reunion with the soul.

Self-Ascension honors all spiritual paths, for the journey Home is as unique as you are.

Sri and Kira have also pioneered several unique healing modalities that offer fast resolution of physical and emotional issues. Avesa Quantum Healing opens the human chakras into 5th dimensional energy thus accelerating personal evolution.

Now living at Terra Nostra Essenah, in beautiful Jose Ignacio, Uruguay, Sri and Kira continue to offer teachings and guidance in Self-Ascension. Terra Nostra Essenah is a spiritual crystalline community that is a safe haven to express, release, embrace and know your soul! It is a portal of light and the hub of the work of Self-Ascension.

Best-selling authors of five books and hosts of “Sri and Kira Live!”, a weekly web based radio show, (one of the highest rated in its genre for the past 10 years), Sri & Kira are committed to living the gift of Self-Ascension and assisting
others to do the same. Modeling Sacred Union for all, this couple is well-loved for their honesty, insight and intuitive gifts. Their dynamic presence and vast wisdom offers guidance and compassion to students worldwide.

"There is only the NOW and the soon to be NOW"
...Archangel Zadkiel

As you begin or continue your journey of Divine Self-Ascension, with each breath may you in All-ways remember...

YOU ARE THE MIRACLE

Read 100’s of pages of FREE messages of inspiration and guidance, plus be sure to register for our newsletter at: www.SriandKira.com
Accelerate your Enlightenment! This is the moment to begin your sacred Journey of Self-Ascension
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Honor all that you have ever been and all that you can be. Discover your true energy and your true self as you ascend into your higher expression. The Temple of Self-Ascension offers simple and affordable home-study programs to active your Self-Ascension journey.

Here are just a few programs to select from:

**Ascended Sanity** - a three lesson exploration of living in the world with ascended consciousness.

**Navigating the Inner Matrix** - a three month journey that uncovers the deep patterns that cause us to continually repeat pain based realities.

**Avesa Quantum Healing** - the science of activating the Ascended Chakra System

**Quantum Clairvoyance** - an in-depth activation of your innate intuitive capacities. Learn to see beyond the veil and receive answers.

**Cosmic Life Regression** - Unlock the lives between lives and your soul’s journey PRIOR to earthly birth as you reunify with the joy of your true nature…this is your soul’s adventure and knowing this frees you TODAY!

..many more programs await you at SriandKira.com

*Personalized guided spiritual journeys with Sri, Kira and their team at Terra Nostra Retreat in Uruguay!*

www.TerraNostraRetreat.com
Sri & Kira invite you to discover the Passion of Ascended Living and the Abundance that is your birthright.