

Surviving Your Matrix Moment: The Six Spiritual Essentials!

By Sri Ram Kaa & Master Lady Kira Raa

1. **Find a teacher/path that resonates and commit to a full year of focus.** *This means you must allow yourself to really keep walking and minimize other “influences”.*
2. **Do something every day to remind yourself that you are not this body and you are not this illusion.** *Find a practice that is simple and integrate it into your daily life, ie: The Mantra of Self-Ascension.*
3. **If you want to be free you must free your physical body which means eating as a light being is non-negotiable.** *This is simply the truth. Zero enlightened beings eat “heavy”.*
4. **You must be willing to let go of victim consciousness.** *This means being 100% honest with yourself and to take self-responsibility for your actions.*
5. **Eliminate interactions with people who tear you down and challenge your growth.** *By reducing or eliminating your partners in pain you free up the energy that was used to sustain those relationships to infinitely expand your spiritual growth.*
6. **Keep saying yes! Especially when your ego says no.** *This brings us back to number one. Find a teacher/path that resonates and keep saying yes. If you are truly committed to the year there WILL come a time, or two, when you want to quit!*

Follow through with these six steps and trust yourself. A true spiritual teacher/pathway will not entrap you in your victim consciousness. They will empower you to grow even at “risk” of your ego polarizing against that which you have chosen.

It is time to ask yourself:

Am I serious about my path of enlightenment through the Yoga of Self-Ascension....and what am I willing to do to attain it?