



Message Ten of Twelve

Anchoring In Self-Ascension

Through Wisdom Teacher Sri Ram Kaa & Master Lady Kira Raa

Delivered at TOSA Ranch, Tijeras, NM, USA

July 28, 2007

Unlocked March 15, 2021

Archangel Zadkiel speaks through Master Lady Kira Raa:

YES! Hello! Beloved BEing of the Divine Oneness, Light and Joy, IT...IS...a great celebration, indeed, to share this sacred time with thee...today. As we are here today, IT...IS...a momentous occasion, indeed.

IT...IS...a momentous occasion, indeed, because YOU ARE at the time of the Divine remembrance and reunification. ALL...rolled into one little bundle. What a recipe, indeed!

The Energy of Self-Ascension

As we call forward this gift as the great energy of this time; and, as YOU IN-body the energy of this time, beloved children of this world, IT...IS...imperative to offer you an understanding of BEing the process of Self-Ascension.

Many have offered themselves an opening, a gateway, a portal within the energy of Self-Ascension. And many are actively using the words "Ascension." IT...IS...important to understand, beloved ones, as YOU move forward into this time, *[lights in the temple flash on and off]*, ALL is illuminating, is it not. Yes! We hope you enjoy this. *[Much audience laughter.]* Sometimes you say, "Give us a sign!" OK! And sometimes you say, "give me another, and another..."

Where Is Your Anchor?

IT...IS...imperative beloved angels, for indeed, YOU...ARE...angels, for YOU to re-cognize that in holding the energy of the portal as the opening of Self-Ascension, there is a great anchoring of spirit! This occurs when one holds open the portal.

To anchor your spirit is indeed different than you may think of anchoring a boat. When you anchor a boat, you throw out a heavy weight and dredge the bottom, do you not? Yes! You say "stick, stick, stick." Many are anchoring their spirit this way.



This is the attachment to the traditional chakra system of the first chakra, the root chakra. Many are anchoring deep. Dredging deeply into pain, recognition, and habitual energy. This is OK.

Sometimes to weather the storm, you must drop anchor and hold on! Many are dropping anchor this way. Many are dredging. Many are going to hold on very, very tight for the storm; “OK, I have found my spot, it is here, I shall stick it out.” Good.

Now we implore you, we ask you, what beloved ones and where is your anchor?

The Dogon¹ and the Ascended Heart

Beloved children! Many eons ago in this world that you call Gaia, a tribe that is still here today that you call them Dogon, were seeded with the energies of Tu’laya and Su’Laria. Many of you, when you were still in full form in Su’Laria, came in what you would call ships. You came in this way to offer to the Dogon a tangible method of creating understanding. For they were in this world, all-ready holding an energetic opening for the illumination and growth of other BEings.

Many were here. However, the Dogon are one of, what you would call, the original seedings of this world. For many millennia, they have held closely this understanding of what the Ascended Heart energy may look like.

In your quantum physics, scientists have been looking at the mitochondria and mitosis of the cells. How the cells divide and how they look. Beloved children! In the understanding of quantum physics you will discover that the Dogon have been painting your Ascended Heart for eons. The Ascended Heart resembles many of the drawings that are still not understood. Your quantum scientists are just now beginning to reveal what they are just starting to understand.

Hidden, and no longer hidden. THIS IS is the truth of your ascended energy. **Hidden and No Longer Hidden.** We play fun with that, and we hope you do too. We offer this to YOU because for many eons the Dogon have held a sacred vow of silence. They are very astutely aware of their own illumination.

¹ In Mali, West Africa, lives a tribe of people called the Dogon. The Dogon are believed to be of Egyptian decent and their astronomical lore goes back thousands of years to 3200 BC. According to their traditions, the star Sirius has a companion star which is invisible to the human eye. This companion star has a 50 year elliptical orbit around the visible Sirius.



When each is astutely aware of their own illumination, it is not necessary to be so verbal with others about it. Oftentimes, the ones who are the loudest are the ones who are the most afraid.

Choosing Your Anchor

Beloved children! We encourage YOU, as you move forward in YOUR illumination and allow your own Self- Ascension to open and reopen, to be hidden and yet no longer hidden, allow your Ascended Heart to come forward. What do you choose to be or anchor?

Perhaps you may choose your Ascended Heart. In the energy of the Ascended Heart there is no need to dredge at the bottom of a lake! Indeed! YOU...ARE...an angel floating over it, showering it with LOVE.

What would the lake prefer? A deep dredge or a shower of love?

Both can assist. Sometimes you need to dredge the lake to stir up what's hidden. To let other new energies reveal themselves. Sometimes you need to sprinkle a shower of love for healing. Both energies can coexist beloved ones.

It is coexistence that is most important to share with YOU...today.

YOU...ARE...at a great power-full time of many storms! Many storms! These storms are coming in many powerful ways, and the wind will blow in many directions.

Will your heart blow with the wind, or are you able to be anchored and let the wind blow around you? Are you one day in love with one concept, and one day in love with another? Do you vacillate in your truth?

Beloved children! You can either be the wind or allow the wind to cleanse you. Or, YOU can witness the wind around you. There are many choices, and it must begin with your anchor.

Anchor beloved children! As YOU ARE anchored in the energy of the Ascended Heart; that anchor, beloved children, is an opportunity for YOU to simply BE. **To simply BE.**



The Truth of Your Illumination

Similar to the Dogon, IT...IS... important for YOU to re-cognize that to fully embrace the Yoga of Self- Ascension process, you must have an anchor. Your anchor must be firmly, firmly, firmly, firmly, very firmly, cast. Settled. Prepared.

Beloved children! Oftentimes in your illumination, you become preoccupied with the illumination. *"I'm illuminated by my illumination"*. You become chatty and obsessed. Perhaps even habitualized in the need to know. We encourage YOU to ask yourself:

What is it I need to know? Is it coming from an anchor that is cast in a deep root center, or is it coming from my ascended heart?

Beloved children! We adore your questions. We adore your search for re-cognition of where your anchor is. When that search truly comes from a heart that is anchored in sincerity, we will answer question after question after question, because it further assists your illumination.

And so beloved children, YOU must ask yourselves, in your own discernment, when you are asked question after question, are you being asked from a sincere heart that is seeking to find an anchor, or are you being asked simply because there is a habit of energy that seeks to be right, confronting what you are BEing? Take this one in.



Recognizing Doubt

IT...IS...a very power-full lesson when you re-cognize that the search, for search purposes only, has already anchored in the root chakra. The search is only interested in being present to the root chakra. Good! Let it be. When one is questioning simply to question, one of the greatest gifts you can offer to that one is an opportunity to witness² your presence. To witness your truth. To witness your love! To witness your re-cognition that doubt no longer exists within your beautiful being.

² A direct reference to holding multi-dimensional presence.



You see beloved children, doubt is what causes separation. When you doubt your-self, when you doubt the world around you, when you doubt the expressions of ALL that are happening, when you question for question's sake, this is when the energy of separation comes into you.

Beloved children, IT...IS...a good thing when it happens. IT...IS... important to say wow, look at that doubt, there it is again. Thank you beloved doubt! I AM great-full you are here. Thank you beloved doubt, now I can say OK! Done with you. Thank you.

And! you must thank it³, or it will come back in many ways, will it not?

IT...IS...important TO BE present with yourself first. Present with your self-fulfilled BEingness first. Invoke to your-self whenever you feel out of balance, unstable, or unfulfilled. You must begin with thyself: *Where am I doubting? Show me beloved Light.* YOU command the energy in. *Beloved Light, show me where is the doubt.* YOU will find it! If you don't doubt that YOU found it! Is that not a precious gift? To know I am doubting that I doubt.

Calling Forth Your Anchor

As you gift yourself with releasing ever more doubt, every moment of every day, call forth your own anchor. It does not matter beloved children where you find your anchor. We have offered to you two possible anchor points. There are other anchor points. Some will anchor in the traditional second or third chakras also. However, you have a body, beloved children, do you not? Good, OK.

As you have this beautiful body, when you allow the anchor of the ascended heart to stabilize, when you keep bringing yourself there, then you are open to the cosmic interpretation of all wisdom that has ever been.

The synchronicities will be powerful. You will find abundantly that the doorways are all open because you have released the doubt that they would not be.

³ [A reminder to use the Container Practice Daily!](#)

© 2021 The Temple of Self-Ascension® All Rights reserved.

This document may be freely circulated provided that the entire copyright notice is displayed.

Learn more about Sri & Kira and the Yoga of Self-Ascension at www.SriandKira.com



Beloved children, how many around you are in pain? “I am in pain, I am in pain, I am in pain.” Can you love them enough to assist them to understand that perhaps they love their pain?

This is a hard one to say, is it not, in the world of density? In the world of density so often it is misunderstood, so often it is, “OK, poor baby,” and this is good too. Do you wish to be a poor baby, or do you wish to be an IN-powered BEing? Both are good.

Sometimes you must all play the poor baby role. Without being in the poor baby, how could you ever understand the In-powered BEingness that YOU...ARE? Love that baby! Love that child! Love that one who says, “I need it to be about me right now, me, me, me, me, me.” You can say, “OK, poor baby, I am here for you now, and when you are ready, it would be a beautiful gift to share, would it not?” Then they, beloved children, must come to you.

Your Illumination and the Great Storms

In the time of the great storms, you will want to run and tell many. In the time of the great storms, you will want to share your illumination.

The greatest gift you can offer in the sharing of your illumination, is the integrity of your life today. Every moment, every hour, every minute, every second, every second within a second is the gift you share. Your presence is the gift!

You wish to understand the Yoga of Self-Ascension? IT...IS...Presence. IT...IS...the consistent presence. IT...IS...the recognition that doubt cannot exist in a vessel that was Divinely gifted to one with pure light and love, that you are the glorious being here emanating at all times, not just occasionally from 3-6 on Wednesdays.

IT...IS... important to understand this. Every minute, every second, every second within the second within the second, YOU...ARE...the precious illumination of ALL that has ever been.

The Steps of Self-Ascension

We offer to you the **Steps of Self Ascension**. We revisit them with YOU today because IT...IS... a gift to revisit often that which we feel we already know. Each time we revisit what we already know, we have a greater understanding, recognition, utilization, integration, and less

© 2021 The Temple of Self-Ascension® All Rights reserved.
This document may be freely circulated provided that the entire copyright notice is displayed.
Learn more about Sri & Kira and the Yoga of Self-Ascension at www.SriandKira.com



doubt. For you can celebrate and you can recognize, you can stand firm and you can share. You can be in the joyous gift of recognition with all around you, about you, through you, and with you.

Step One: Be In Union

Beloved children, in no specific order we shall offer to you again, Step #1: **Be In Union**. Be In Union. Beloved children of light, Union is when you are able to gaze into the mirror and say with great integrity, *"I love you, thank you. I adore you, thank you. YOU...ARE a gift. YOU...ARE... the celebration. My heart sings to thee with great gratitude and abundant joy."*

To BE In Union! To see the Divine within your-self, all-ways, without any doubt.

To all-ways BE. This is to Be In Union.

As you are in union, you re-cognize the Divine within, which means your eyes are on the Divine all-ways, are they not? Sometimes those eyes come forth with floods of tears. As you gaze into the mirror and say, "I love you," what a gift!

Oftentimes water is a great purifier, is it not? Allow this gift to come forward for thee, in ALL ways. Be In Union! It begins with you in ALL-ways. IT...IS...your union with this beauty-full vessel. The peace that comes from the re-cognition that this vessel is a great gift and that you are still here to look into the mirror.

Yes! Whatever must come, let it come! Be it tears, or joy, or laughter. Whatever you experience when you gaze into the mirror, let it come! Let it BE! IT...IS...the gift of union.

There could be no greater gift than the absolute knowing of your Divine presence without any doubt! When YOU...ARE...in that moment without any doubt...dance. Yes!

Celebrate every moment you are without doubt! Celebration becomes your life, even if you begin with little baby steps! Celebrate one minute of one week, next week it will be two. And then all of a sudden, it's an hour, a day, a week, a month! And then it's just YOU. YOU...ARE...in union all-ways without doubt.



Step Two: Surrender

And are you dancing enough? That would be a lot of dancing, would it not? Yes! And so we shall mention another step. **Surrender**. And so beloved children, surrender. And as you surrender, recognize that to surrender is to empower your heart with the great gift of all that is. Surrender is not a giving away of anything, it is a calling to of your Divine wholeness. Call to yourself Divine wholeness.

How could you call Divine wholeness to yourself if you are unable to look into the mirror and say, "I love you." And so practice. Practice. And you know what we love, a saying of this world: "Fake it till you make it!" Yes! You can look in that mirror and fake it till you make it! And then the surrender becomes effortless does it not? Because you recognize that every step is guided by those who love you. Every step you instruct this body to take is being done with Divine intention, Divine love, and Divine recognition that without any doubt the bridge will always appear for you beloveds, when you surrender.

In this world your choice was to make it a little hard, no? A little difficult. And yet, you can shift that choice in the moment. **In the moment**. When is enough difficulty enough difficulty? When is enough struggle enough struggle? When is enough lack enough lack? You see beloved dearest children of this world, we adore thee, we love thee dearly, and we invite thee to allow your precious brains to relax and understand-- it is that simple, choose joy! Period. Done.

And yet the brain says, "oh no, must have drama." OK. Whatever you decide. Choose joy. Period. Simple. And when you breathe that in, that is the surrender. Surrender the need for it to be difficult, accept joy in simplicity. Beloved children, your world is very simple to be joyous in. It does demand that you allow it to be. That's all! You are that powerful!

I allow joyous simplicity in my life now! I allow abundance in all-ways in my life now.

I am a Divine creator unified in the energy of Self-Ascension, and all is always gifted to me.



What would it take for you to accept that? Perhaps we can offer you little homework yes? OK. Perhaps you wish to revisit these statements every day for one month, with Divine clarity morning, afternoon, night. Morning, afternoon, night, for 30 days. Just try this little experiment, and perhaps you will find ease, flow, lack of chaos and drama. Perhaps some of you will find, “but I like my chaos and drama, give it back to me!” OK. You’re not ready, it is OK. You are ready on your time, we simply offer you a guidepost for when you say, “OK, my turn.” Love those whose turn it is not yet. Let them have their giftful process so that they will know when they are ready too.

Step Three: Unconditional Love

Beloved children, feel your heart centers, feel your heart centers, for we offer you the next step: **Unconditional love**. Breathe this in, for it is a gift we send to you as a ray of golden light in this moment. The unconditional love of the universe that flows through all that you are, all that you have ever been, and all that you will be. The unconditional love of the truth of your precious presence. The unconditional love that heals all wounds and lets the mind chatter relax. The unconditional love that brings forward a life of Divine simplicity fully surrendered to be in union. Do you understand beautiful children? We know you do! Relax. Yes.

You see beloved children, once again unconditional love is not a concept, it is not a question, it is not a how-to manual, it is a gift you accept or not.

And so we have offered to you a ray of unconditional love today. It is our gift to you, as you are walking through the storm of this time. Yes. Are you ready to accept it? It is that simple. It is not an esoteric exercise in mind chatter, we do not need a *Webster* definition. Unconditional love is a gift you accept or not. You do not need to do anything, you already ARE that, you are the unconditional love.

Step Four: Release Judgment

Beloved children, as we share that gift with you, we bring you to the final step: **Release judgment!** It is important to understand, beloved children, these steps are indeed a circle, are they not? They are a circle that you have seen many times. You have seen it around a pyramid,



you have seen it in many forms, you have turned it into a spiral, you have danced with it, you have played with it, you have worn it, you have shared it, you have been it, you ARE it. You are the circle. You are the circle. And as you release judgment, you already know beloved children.

When you gaze into that mirror to be in union, also release all judgment. All judgment of not only what you see in the mirror as a body, what perhaps you're seeing reflected back to you as your life, as those around you. Can you release judgment? Beloved children, we offer you this, to walk in the path of Self-Ascended energy initially may seem difficult. Oh my goodness, you mean I have to let go of doubt, uh oh. Oh my goodness, yes.

The Ah-ha! Moment

You see beloved children, it does not matter if the doubt or the judgments or the control mechanisms come forward to maintain judgment. It does not matter. To truly walk in the gifted essence energy of Self-Ascended energy, it

simply means you understand when these energies come forward that they are great gifts.

Can you see it all as the great gift? For that, beloved children, is the true definition of releasing judgment, is when everything presented in your experience becomes a gift.

It does not matter how many times perhaps you do not see the gift, for once again, it could be one minute of one week, this one incident, I see the gift. Ah, good. Ah-ha moment. An ah-ha, becomes ah-ha, becomes ah-ha, becomes ah-ha, and then you're ah-ha-ha-ing all the time! Yes! Yes! Lots of ah-ha's!

Beloved children, you are at the ah-ha moment of your entire process, of beings of Light expanding from source. You are galactically, cosmically, earthly, worldly, individually, soul-ly, ALL at the ah-ha moment. And so, of course, everything, everything is coming up, it is not? Yes!



Celebrating Each Step

Beloved children, where will you anchor? How will you weather the storms? And we say storms, for there will be more than one. How will you weather them? It is your choice, and we offer to you the great gift and blessing that whatever choice you make, you are not messing up. You are doing it exactly the way you should be doing it. There is not only one choice, there is THE choice that you are able to embrace and be with, and beloved children, baby steps are just fine.

Are they not so precious when a toddler makes one or two steps? Do you not celebrate when they sit on their little bottom and go, “oops, fell,” and you say, “yeah, you took two steps!” Are you celebrating your two steps? Every step. Every step. Each step, and step by step, you are all coming home. Ah-ha! Yes! It is a great time and we encourage you, take time, revisit, fully embrace the gift of you. Breathe beloved children, very often, very often. Yes. And feel the tummy often, for the tummy will call you very quickly and say give me attention right here, and then is when your heart must be fully illuminated.

An illuminated heart will heal all. An illuminated heart will heal all. And so beloved children, illuminate your heart with the fire of the flame of all that has ever been. Allow the Divine gifts of the universe to come forward in you, through you, and as you, and then you are the walking flame of Divine light for all, and all those around you, each will then be free to make their choices. You do not need to have chatter, you just need to be. We adore you dear ones, and all is calm now. Yes.