

ANCIENT AWAKENINGS
MENTORING PROGRAM
“SPIRITUAL TRANSLATIONS”

Part I



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Introduction

The purpose of this booklet, Part I, Spiritual Translations, is to identify terms that may be confusing to a newcomer's first encounter with Ancient Awakenings; as this group is advanced and terms such as Ascension, Cabal, Merkaba, etc. might need some explanation. Also, explained below, is the definition of the term, "Mentor."

Recently, Ancient Awakening has gathered a Mentoring Group for newcomers to reach out to in order to learn more about Ancient Awakenings and its group sessions. All individuals are welcome and encouraged to call upon the mentors for any assistance in regards to Ancient Awakenings and its translations. A Mentoring-Tracking form will be used to track all mentoring calls (see Appendix A). As you

browse through the list of translations below, please be prepared to go out and do your own research and use your own discernment.

What is a Mentor: What are the Qualities of a Mentor?

According to Joanna/Shoshanna (2018), a mentor is someone who is able to recognize his/her own programs and is unlimited in the ability of continuously “going within” to discover who he/she is and how one’s personality, thoughts, words and actions affect others. A mentor is transparent and able to show others their frailties and fears. They are completely authentic to themselves and to others whom they come into contact with.

A mentor does not hide, or put his/her head in the proverbial sand. Fear is not something that stops a mentor from moving forward. A mentor, “Feels the fear but does it anyway,” especially, when confronted by his/her own fears of being authentic, loving, and compassionate.

More than any other trait, a mentor is willing to help others become aware of what is needed by the other by asking for help, and stays away from judgment. In fact, neutrality is the goal of a Mentor. Some other traits of a mentor include the following:

- Kindness
- Graciousness
- Openness
- Love

- Understanding
- Compassion
- Allowing
- Listening easily

Those who would like to be mentors to others must honestly know if they are on the mentor's path and are working toward the qualities that a mentor holds.

If you believe that you are a mentor then understand that it is a great responsibility and a mentor must put his student first.

“SPIRITUAL TRANSLATIONS”



3-D, 4-D and 5-D

Sources indicate the following regarding the 3-Dimensional, 4-Dimensional and 5-Dimensional Consciousness:

According to the Ascended Masters, 3-D is a state of consciousness where duality exists, there is a struggle between good and evil, and individuals are carbon-based. Thus, 3-D is a purely physical state and individuals are identified as to how they look, how much money they have and what status they hold within society. Life to the 3-D individual is a coincidence; they experience joy and pain and there is no desire to go within.

4-D acts as a gateway to the 5th dimension. Individuals begin to awaken and began to become aware that we are all connected; they began to focus on diet and living a healthy life style. They realize that life is meant to be enjoyed.

5-D is where individuals finally realize that we are all one and connected; they understand that there is no such thing as good or evil - and love and

compassion for everyone is equal. There is no competition and there is enough abundance for everyone. People began to understand that we have a connection to angelic beings, and all individuals are crystalline-based.



ASCENDED MASTERS

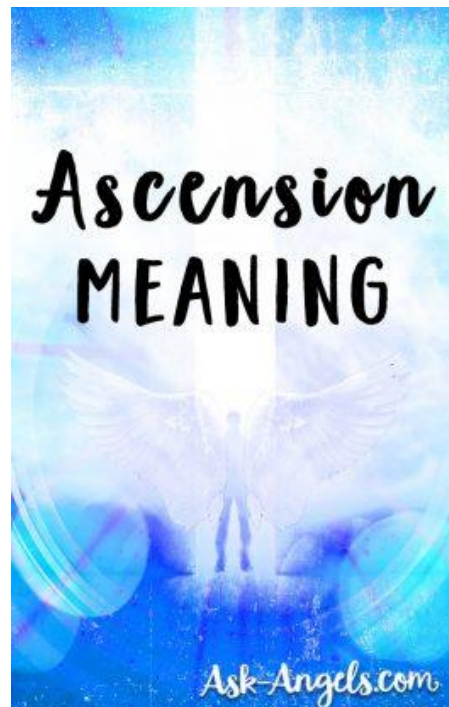
The Ascended Masters are Beings, who through their own efforts they have paid off all of their karma, raised their vibrations, left the cycle of rebirth and have achieved Mastery over themselves. Some of the Ascended Masters has had many lives in a physical body, just like us, but now exist as Beings of Light who no longer require a body but can take on a body if needed or desired.

There are many Ascended Masters, some ancient and some recent, some of their names that we recognize and some we do not. Regardless of who they were in their numerous past lives, they have returned now to help us in our own ascension paths - for this is our time to ascend (Alpha Imaging, 2016). Some of the Ascended Masters who speak through our Channel at Ancient Awakenings include the following: Sanada/Jeshua, Arch Angel Michael, Arch Angel Gabriel, Ashtar, Saint Germaine, Lord Sanat Kumara, and many others.



Higher Self

Higher self is that part of us that has a direct connection to Creator/Source. According to numerous sources, we can work on making the connection to our Higher Self stronger by contemplation and meditation, where we can ask our Higher Self to be with us. Our Higher Self possesses wisdom and guidance when we need it most – if we only endeavor to ask. It is important to keep in mind that this term “Higher Self” is part of our total being, and is not separate from us or who we are.



ASCENSION

Many define Ascension as the path of those who are electing to consciously move into a higher level of light/vibration. It is a personal choice that individuals make by boldly stepping into the unknown in order to develop into an entirely new experience. Ascension is an act of merging with one's higher self, opening the heart, and expanding to reunite with the Creator / Source, as well as all levels of your authentic self. It is returning to the knowledge and practice of Divine Light and experiencing the highest levels of divine alignment and unconditional love with Pure Source Light in all aspects of one's life (Ask-angels.com, 2018).



ASTRAL TRAVELING

Astral travel (or astral projection) is an out-of-body experience accomplished either while awake or via lucid dreaming or in a deep state of meditation. Astral travel is when the spirit or astral body has left the physical body and moves into another dimension known as the spirit world or astral plane; this concept has been around and practiced for thousands of years and dates back to ancient China. According to Crystalinks.com, people who astral travel or consciously aware of things they encounter while out of their physical body.



CABAL

According to Banerji (2018), the Cabal (also called the Illuminati) is made up of thirteen families (called elites or globalists) – these powerful families own 99% of the wealth and leave the 1% fighting over what's left. They hold almost every field of life, from politics, to business, entertainment, courthouses, educational institutions, natural resources, foreign policies, food, national economies, media houses, and terrorist organizations. The thirteen bloodlines are believed to have connections to unimaginable wealth and power, and they span from Europe to China.

The Cabal initiated the New World Order where they aim to work on a similar philosophy of absolute control and power on a global scale. Their plan is to secretly have a single body governing the planet with the elite sitting right on top of the food chain, while leaving the rest of the world to fight it out for that 1% of

the global economy. The 13 families which includes the Bush's and Clintons are as follows:

1. The Astor Bloodline
2. The Bundy Bloodline;
3. The Collins Bloodline
4. The DuPont Bloodline
5. The Freeman Bloodline
6. The Kennedy Bloodline
7. The Li Bloodline
8. The Onassis Bloodline
9. The Rockefeller Bloodline
10. The Russell Bloodline
11. The Van Dyne Bloodline
12. The Merovingian Bloodline (Bush's – descendant)
13. The Rothschild Bloodline (Hillary Clinton – descendant)

(Banerji, 2018)

According to numerous sources, it can be noted that these families that make up the “Cabal” are being defeated and their power is losing strength and influence. Those known as the Light Resistance, Light Warriors, Light Workers, etc., are

spreading their influence to create a great balance in our world so that all of mankind will be on a level playing field.



CHANNELING

Channeling is a concept / a trans-like state where a person allows his/her body to be used by the entities in the spiritual realms; the spiritual beings can then talk to the others present through the person who is channeling (Urban Dictionary, 2018).

With practice, channeling communications from the spirit world of the subconscious can be a wonderful and powerful experience as well as educational (wikihow.com, 2018).

James McConnell is the Channel for Ancient Awakening, so entities that speaks through James include the following: Sanada/Jeshua, Mary Magdalena,

Arch Angel Michael, Ashira, Lady Nada, One Who Serves (OWS), Source/Creator and many others.



DNA ACTIVATION

DNA Activation permits us to survive the environmental poisons generated by man, as well as speeds up our psychic senses. As mankind, we are now waking up the sleeping parts of our spiritual DNA. DNA activation is now becoming a part of the Earth's collective awareness and consciousness. Enough people have now been awakened so that it is happening more spontaneously to individuals. Many people are raising their vibrations and have already intuitively activated their DNA.

According to Source/Creator, when enough people have the DNA Activation, then the whole of the earth will rise in consciousness; when that happens, mankind will automatically be DNA Activated from the collective consciousness that we all share. DNA Activation is a gift from Source/Creator as

an opening to our intuitive gifts. From the moment that the Activation is done, one's life began to change.



Lucid Dreaming

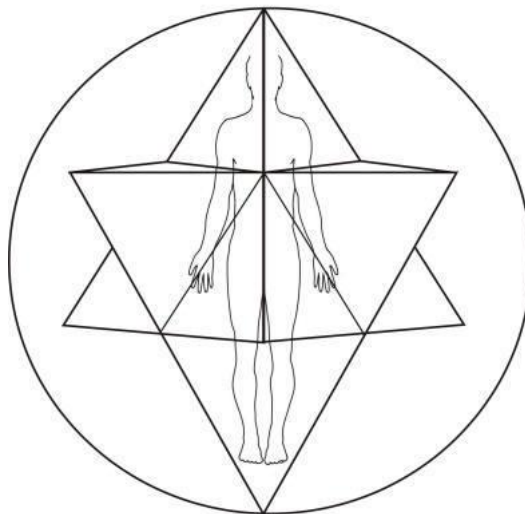
Lucid Dreaming means you know that you are dreaming and you are able to control the dream; you have the ability to fly, explore your mind, and do whatever you can imagine. Lucid Dreaming is known as the art of becoming self-aware inside the dream-world. In fact, you can do what seems to be impossible! In a normal dream, you are not aware of what's going on and you cannot make your own decisions. In fact, in Lucid Dreaming you are aware of yourself, and you know that you are dreaming (howtolucid.com, 2018)



MEDITATION

Meditation is an ancient practice and (according to numerous sources) it is a form of mental exercise, where one may concentrate on breathing or repeat a chant for the purpose of obtaining a heightened level of spiritual awareness. According to [wikihow.com](https://www.wikihow.com/Meditation), 2018, the best way to meditate is to quiet and focus your mind in order to reach an inner calm. Neurologists have discovered that regular meditation essentially changes your brain in ways that can help you to control your emotions, boost your concentration, decrease stress, and even assisted individuals in becoming more connected to those around them. Many find it challenging at first, but by learning the fundamentals of meditation, one can begin their journey on the

path of enlightenment and bliss. With practice, individuals are able to achieve a sense of tranquility and harmony no matter the situation (wikehow.com, 2018).



Merkaba

According to many sources, Merkaba is another name for Light Body and is known as the celestial light vehicle used by the ascended masters to reach those in tune with the higher realms. The word Merkaba can be translated as follows: "Mer" means Light; "Ka" means Spirit; and "Ba" means Body. The Merkaba is part of the full consciousness, when spiritual, physical and astral bodies are combined; it allows the self to shrink down to the size of a baseball and is able to travel anywhere, instantly.

The spin of the Merkaba is similar to the **chakras** and works as an inter-dimensional gateway – kind of like a Star Gate - so that higher consciousness may

incarnate into the physical body. In fact, the Merkaba's structure of spinning light allows for the incarnation of the Light body itself, and without the Merkaba's activation, the other parts of the Light body, such as the Chakras would not incarnate properly (Eden, 2012).

OVERCOMING FEAR

The origin of all human emotions stems from love and fear. In daily life, human experience brings about a wide variety of feelings and emotions. Pure love with an open-mind has proven that it has the power to overcome all fears. In overcoming fear, it is helpful to understand the real reason fear is present; we can do this by pointing to the places within us that need attention. Many people take on the fear-based mind and belief system creating a conscious addiction.

Everyone who indulges in negative emotional states of fear will attract dark energies, which create energetic blockages and affect the light body. At the present time, all humans are choosing if they want to live in freedom or spiritual bondage; and to support this process, we need to look directly at Fear, which will help us become aware of the spiritual lessons we need to master in our lives and emotions and take the next step to a higher consciousness of love and compassion.

People have been conditioned to hide from their fears, to avoid the darkness where they feel pain, and to bury the fears deep beneath the walls of conscious

perception or to forget them all together. These unaddressed places of hidden darkness, fear, and unhealed pain are pushing through the interior barriers, and into full view of the conscious mind. This can only manifest as enormous explosions of emotional and mental pressure that increases the perceived pain and fear, suffering and anxiety that is experienced in our lives. In fact, when we experience fear, we are easily overcome by feelings of mental paralysis which impacts the nervous system (Renee, 2017).



RAISING YOUR VIBRATIONS

According to mindvalley.com, the entire universe is made up of energy and vibrational frequencies and amazing things happen when you raise your vibrations. Here are eight ways to lift your vibrations:

1. Become aware of your thought as everything you say, think or feel become a reality
2. Appreciate the beauty in all things

3. Drink plenty of water
4. Be cognizant of the foods you eat
5. Be thankful and appreciative
6. Meditate often
7. Be kind
8. Exercise (Mindvalley.com, 2018)

SPIRITUAL AWAKENING

Being Spiritual is when we start to tuning into the divine side of life through meditation, tuning into the deeper meaning, and connecting with Spirit in our lives. It is a form of communication beyond the physical. Awakening is when we actually wake up to the truth that we are all one with Source/Creator. Individuals began to realize that there is more to life than just the physical; and they began to see a master divine plan unfolding throughout all reality. People began to realize that all of mankind is a spark of the divine (ask-angels.com, 2018).

SPIRITUAL ENERGY

According to The Aetherius Society (2018), spiritual energy is an actual power that we can physically feel; it is just as real as any other energy, such as electricity for example. Spiritual energy is also known as the “universal life force” and is carried by pure love.

Spiritual energy is bestowed upon all who is following their higher aspirations and those who are coming closer to a realization of their own Divinity. The simplest way to obtain spiritual energy is through prayer or yoga principles. Spiritual energy comes from Creator/Source/God – as all things do – and it is an aspect of nature. Also, the greater the quality and quantity of this energy, the better it is focused in the direction of its target, and the more effective it will be.



THE EVENT

Various sources indicate the following regarding the Event: The Event (sometimes called a Wave) is a galactic, energy pulse which, some say, will look like a rainbow; it will be coming from the Central Sun and will impact everyone and everything on the earth. Some say it will be a very strong feeling of love and

will knock individuals off of their feet. This wave or pulse is said to have already begun and after its impact, it will continue for some time. After the Event, individuals will begin to experience a very strong feeling of unconditional love for all of mankind as well as for the animals – they will throw down their weapons and peace will reign upon the earth.

CONCLUSION

The purpose of this booklet, Part I, Spiritual Translations, has been to identify terms that may be confusing to a newcomer's first encounter with Ancient Awakenings; as this group is advanced and terms such as Ascension, Cabal, Merkaba, etc. might need some explanation; and also to explain the definition of the term, "Mentor."

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continuously “going within” to discover who he/she is and how one’s personality, thoughts, words and actions affect others. A mentor is transparent and able to show others their frailties and fears. They are completely authentic to themselves and to others whom they come into contact with and they must show kindness, graciousness, openness, love, understanding, etc.

Presented here has been only Part I, Spiritual Translations; look forward to our Mentoring Booklet, Part II, Spiritual Translations – Coming soon!

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Appendix A

Mentoring/Tracking Form

ANCIENT AWAKENINGS MENTORING - TRACKING FORM

Name: _____ Nationality: _____
(First Name) (Middle Initial) (Last Name)

Address: _____

City: _____ State: _____ Zip Code: _____

Home Phone: _____ Cell Phone: _____ Work Phone: _____

Message Phone: _____ Email: _____

(Mentor introduces him/herself)

Tell me about your journey to enlightenment –how long have you been awake?

☐ 1 – 5 years ☐ 10 – 20 years ☐ Other:

Explain

What is it that brought you to Ancient Awakenings:

How many of these terms are you familiar with?

☐ 3-D/4-D/5-D ☐ Ascended Masters ☐ Higher Self ☐ Ascension ☐ Astral Traveling ☐ Cabal
☐ Channeling ☐ DNA Activation ☐ Lucid Dreaming ☐ Meditation ☐ Merkaba
☐ Over-Coming Fear ☐ Raising Your Vibrations ☐ Spiritual Awakening ☐ Spiritual Energy
☐ The Event

Personal Observations

