

EARTH AND SPIRIT - NEWSLETTER JANUARY 2018 - THE YEAR 2018 IN ASCENSION / STRENGTH MEDITATION

Dear friends, dear interested people!

The new year has begun and we wish you all the best for the coming time!

2018 will be a very interesting year.

What happened in 2017... The first year of new energy

In the past year 2017 we have experienced interesting energy transformations as ascenders.

The most important event in August 2017 was the complete energetic split on the soul level between the ascending (heart collective) and descending soul group (consciousness of separation).

This decision is provisionally final, i. e. it is valid for a longer period of time and has actually been taken by all the souls involved¹.

As the outside world becomes more and more turbulent and never seems to change, a group of people have definitively and irrevocably embarked on the path to Ascension in 2017.

We distinguish the advancement of quality according to "first movers", "second movers" and "third movers" - ascents. This distinction is only so from the point of view of creation, because beyond time and space, all are completely one in God without developmental differences (which are illusion).

Ascensions chosen by ascending souls - in three main categories:

1st First Movers - Ascents (bliss., peace and silence and freedom from time and space)

The ascent of the first wave of the ascenders ("first movers") is characterized by the fact that they are spiritually finished with the 3D experience, i. e. they no longer have any desire of their own for physicality/separation, and are experiencing their consciousness more and more on the astral and causal level, **free of the physical space-time continuum.**

This is shown by the fact that the perception of the 3D earth is becoming more and more distant like a fading dream.

¹ Babies, children and people born in the future are also always in resonance with a certain group according to their previous choices and are later born into this group according to their karma respectively are in a suitable group. Like inside, like outside!

The physical body and the human consciousness remain intact, but they are less and less the seat of consciousness or only occur on the periphery².

While one goes into the dream phase or meditation or simply into the astral, for example, out-of-body experiences and wanderings beyond time and space, curvatures of space, walking in the past and future, parallel dimensions etc. occur.

The state of being of the first movers is **increasingly completely free of any fear and negativity and always at peace** (the characteristic external characteristic of the first movers) and, in the case of those who have developed love entirely within the old passing 3D experience, ecstatic (Ananda), which is already becoming more and more so for these first movers.

First movers, when the ascension is complete, are realized in the spirit of spiritual liberation (Moksha). They are masters completely freed from the illusion of [Samsara](#).

The probable task of the First Movers is primarily, if they remain incarnated on 3D, to free suffering souls from the illusion of the finiteness of the material world through their joyful and detached presence in the 3D world.

In the Indian energy system, this ascent, in my opinion, can be equated with overcoming Rudra Granthi, the energetic head node.

A nice explanation of the Rudra Granthi can be found here: https://wiki.yoga-vidya.de/Rudra_Granthi

Granthis (Sanskrit: knots) denote blockages in the consciousness and energy system of man, where the illusion of the Maya (cosmic deception) is particularly strong. As a rule, considerable spiritual efforts are required to break such a knot.

2nd Second Movers - Ascents (heart experience, desire for positive social change)

The ascent of the Second Movers is characterized mainly by **a desire to realize the new paradigm within the human and physical limitations**, i. e. a partial overcoming of the third dimension.

This ascent is qualitatively not quite as good as the ascent beyond space- and time-consciousness, because within the limitations of this world **only a maximum existence in the heart chakra or throat chakra consciousness is possible**.

In plain language, this means heart energy or humanity in love (heart chakra) or even higher than *complete life of human personality in full authenticity* but within the limitations of the 3D world (throat chakra).

Thus, for example, life still remains somewhat laborious in a certain sense, since identification with the body still suppresses free creativity. The pressure to earn money, for example, continues to

² If there is a mission on earth. Otherwise, every ascending First Mover soul is free to theoretically give up the body upon completion of the ascent on desire and to work in other higher worlds or to dissolve completely into God.

dominate mankind. Nevertheless, it is a great increase compared to the old, completely detached consciousness, **because this new human heart can share.**

The goals of the Second Movers, i. e. what their ideals are, are primarily aimed at transforming the social and external conditions of life on planet Earth into a light-filled order. Above all, they want to achieve social changes that reflect love in humanity³.

The ascenders of this category continue to evolve through their lightful ministry and deep meditation *towards total freedom* from the three-dimensional world.

The first movers have already completed their promotion to the category of second movers around 2009.

In the Indian energy system, this ascent, in my opinion, can be equated with the overcoming of Vishnu Granthi, the energetic heart node.

A nice explanation of the Vishnu Granthi can be found here: https://wiki.yoga-vidya.de/Vishnu_Granthi

3rd Third Movers - Ascents (experience of one's own soul, knowledge of the meaning of life)

This category of ascendants **is not aware of the Ascension itself, but at the soul level is inclined to ascend.**

People at this level wait until the end of the ascent before visibly joining the ascendants of the higher categories (heart collective).

For these people, ascension is the awareness that there is a spiritual dimension of life at all and that the actual purpose of human life is to realize this dimension, or the real self.

First and second movers completed their promotion to this category in the years before 2005, but mostly in 2000/2001 or earlier⁴.

In the Indian energy system, this ascent, in my opinion, can be equated with overcoming Brahma Granthi, the coccyx node, for instance.

A nice explanation of the Brahma Granthi can be found here: https://wiki.yoga-vidya.de/Brahma_Granthi

³ By the way, the first movers also achieve a light-filled world. But the difference is that the first movers themselves are positioned beyond the physical world and their main concern is to free people from the bondage of space-time and its constraints.

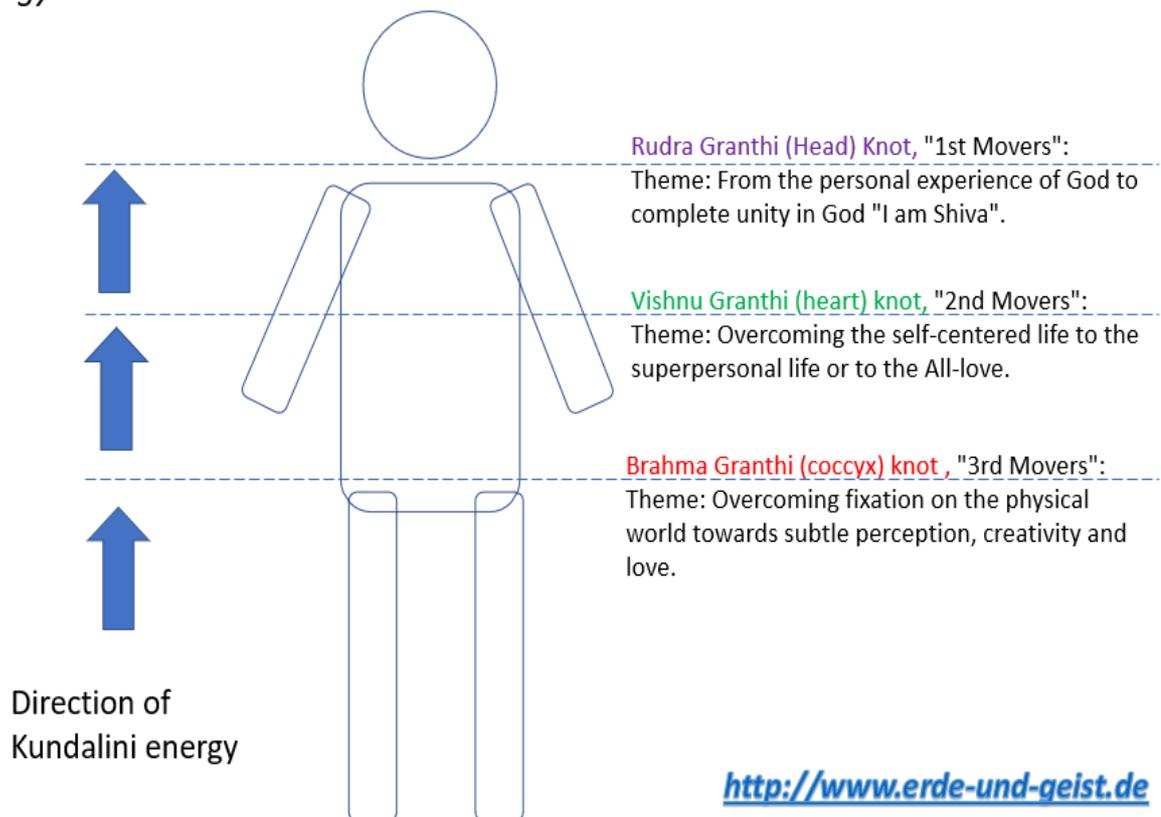
⁴ Teenagers, babies and small children of this stage have made the development in earlier life and incarnate according to their karma to the appropriate stage of ascension ("as inward so outward").

What happens to all ascenders:

In the daily and dream consciousness, all ascendants (regardless of whether they are in the 1st, 2nd or 3rd category) continue to be strongly cleansed from the residual adhesions on the 3D dimension. But these are only the old energies and their effects, because the actual ascent - the decision at soul level - has already been made (at the latest) in the summer of 2017. How long these cleanings will last is unclear. However, a certain period of time is still to be expected, which can theoretically cover a few more years. In any case, the ascent is already being experienced more and more.

However, the ascent is only complete when all old people's energies have been released and therefore the worlds are completely separated from each other.

Energy nodes & ascent



Outlook for 2018, expansion of light:

While the year 2017 was the birth of ascension and important decisions were made on the soul level, **the year 2018 is marked by the expansion of light and the continuing energetic purification of old people's energies.**

The actual ascent has already happened in 2017

The ascent has already happened in 2017 through the soul's decision on light or darkness.

This decision is (preliminary) final, i. e. it is valid for a very long time, but for all those who have not yet joined the light side, there is a grace period for a change of decision until the ascent is also energetically completed for all ascenders of categories 1-3.

The forces of light become stronger

The forces of light continue to gain strength, but remain largely concealed in the exterior, as full operational capability is only guaranteed until all energies of the old age and thus overlaps with the old matrix can be discharged. With this event, the ascent would be completed.

The ascent still takes a certain time; the external result of the ascent is shown.

In contrast to many optimists, I assume that it will take a little longer for this to happen. So it is quite possible that we will not have completed this cleaning by 2018.

After that, the outer end result of the ascent will be revealed, as well as whether a new age of light or darkness awaits us as humanity in the outer world.

The ascenders themselves, however, have won in any case, since the spiritual seclusion makes you free of all external things on all levels of ascension - even if the darkness on the outside, for example, should completely win.

The **hierarchy of darkness** is like this:
Whoever has the most money and worldly power determines the rules and people follow them out of fear.

The **hierarchy of light** is like this:
The beings who represent love and light for the good of all are respected and their way is followed by those who seek light.

Strength Meditation for Ascension (Useful for all people)

I am love and light!

When I meditate, I remember who I really am.

I am love, I am consciousness.

In me, in my innermost core there is no fear.

I'm in reality love. I look deep inside me and realize that this is true.

I realize: fear is something external, a feeling that comes and goes.

I look deeper and realize that there are thoughts and evaluations behind this feeling.

I observe the thought as it ascends and disappears and realize that my innermost being is never changed.

This knowledge, this recognition, gives me the strength to overcome all resistance.

I don't let myself be deceived and lead away from my innermost core by frightening thoughts.

All these thoughts are only (foreign) ideas about myself, but the one who sees all thoughts deep inside me is me.

I recognize: I myself am always free from all thoughts.

I am only pure light - pure consciousness. A light that illuminates all objects such as people, things, thoughts and feelings that rise up in me, but is not an object itself.

Also what I seem to see in the outside, actually rises up just as much inside, in front of my inner eye, my true self.

Everything that rises and fades away is not really me. Because I remain there, even if these things disappear from my innermost gaze.

When I always meditate in this way, I recognize myself as the source of all things and I also recognize unity with everything.

Even my personality, my human or mental self, is only an object in consciousness, just like all other fleeting objects.

It rises in waking and dream condition and disappears e. g. in deep sleep⁵ or in death.

But death is also only an event in time, a scenery that I perceive.

⁵ where I perceive only silence and joy but no world or thoughts. Deep sleep is indeed an indication of salvation (Moksha), but not the complete liberated state, since it is a) unconscious and b) still an emptiness is perceived. Thus there is still a duality, which does not exist anymore in the highest self (Advaita).

So I transcend all fear and finally become free from the limitation of form.

Enlightenment and liberation in bliss happens.

Greetings to you all,

Bernhard (Damodar)

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