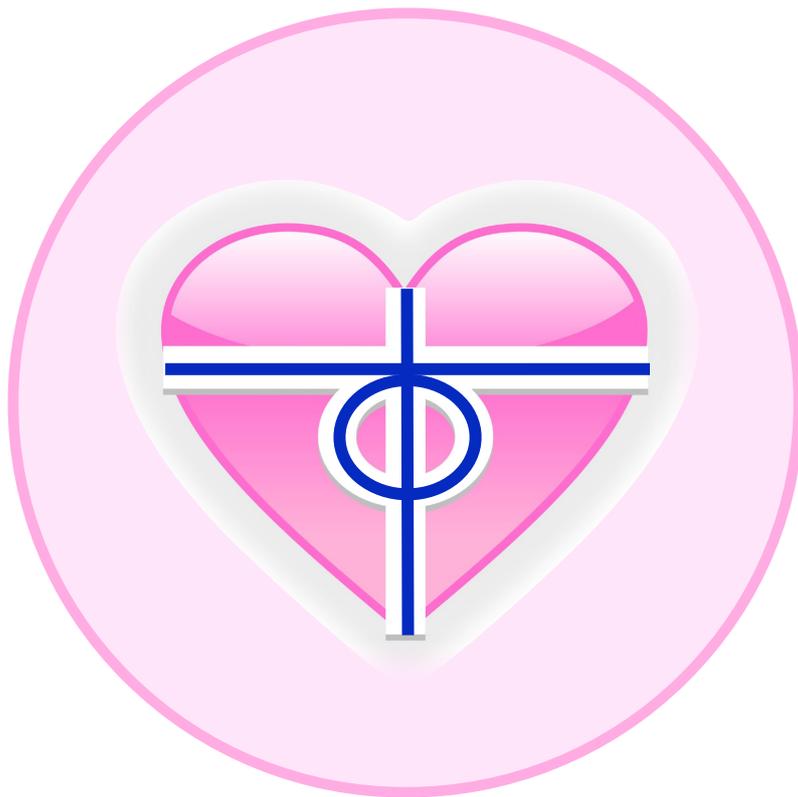


Ascension Healing Handbook



For Sending Ascension Healing
on the 11th of the Month

Love Inspiration & Maitri Foundation

ASCENSION HEALING HANDBOOK
FOR SENDING ASCENSION HEALING ON THE 11TH OF THE MONTH



Love Inspiration

Learn • Heal • Awaken

MAY THESE ASCENSION HEALING ENERGIES
HELP TO LIBERATE ALL BEINGS.



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Prerequisites For This Ebook



Welcome!

Please ensure that before you begin sending the Ascension Healing energies on the 11th of the month you:

- 1) Have *commenced* The Unified Pathway To Transcending The Light - Volume 1 - The Unified Truth. (I.e. this means that you have completed The Unified Pathway To Light energies and have reached at least Day 1 of Phase One - The Blue Shield, in The Unified Pathway To Transcending The Light - Volume 1).

OR

Have *commenced* Pathway To Light - Volume 6 - The Blue Canal. (I.e. this means that you have completed Pathway To Light - Volume 5 and have reached at least Day 1 of Level 1 - Blem, Part A, in Pathway To Light - Volume 6).

- 2) Have read all of the information on the [Di-Ascension Healing webpage](#) and have signed up to receive the Di-Ascension Healing energies on the 21st of each month, via the official Love Inspiration Di-Ascension Healing registration form. (*As soon as you commence Day 1 of Phase One - The Blue Shield, in Volume 1 of The Unified Pathway To Transcending The Light, OR Day 1 of Level 1 - Blem, Part A in Pathway To Light - Volume 6, you are able to sign up to receive the Di-Ascension Healing energies*).
- 3) Have received a minimum of *three* Di-Ascension Healings (i.e. this is approximately three months after you have signed up).

Once you have completed the above prerequisites, you may begin sending the Ascension Healing energies on the 11th of the month. With love, we gratefully and humbly thank you for your help in sending these precious energies for the benefit of all!



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GET THE MOST CURRENT VERSION OF THE ASCENSION HEALING HANDBOOK!

Please note that this ebook is updated as further information comes to light, therefore before you begin, and periodically throughout sending the Ascension Healing energies, if you wish, please [visit our website](#) to check you have the most current version. The version number and date are listed in the bottom right hand corner of each page of the book and only the version on our website will always be the most current.

Welcome to the



Ascension Healing
Handbook



Love Inspiration
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ASCENSION HEALING HANDBOOK
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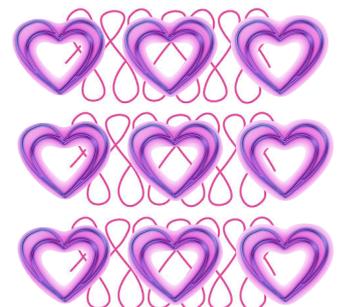
WELCOME TO THE ASCENSION HEALING HANDBOOK!

With much love, we welcome you here to the Ascension Healing Handbook. If you are reading this, it means that you have now commenced either The Unified Pathway To Transcending The Light - Volume 1 - 'The Unified Truth' or Pathway To Light - Volume 6 - 'The Blue Canal'. This is a truly wonderful accomplishment and we warmly congratulate you for reaching this elevated level of the Ascension Pathway journey!

Most likely then, you are now reading this Handbook after having just signed up for Di-Ascension Healing and therefore, we recommend that you have a preliminary read through everything now and then after you have received three Di-Ascension healings, you can come back to the Handbook again once you are ready to start sending the energies. This Handbook outlines exactly how to send the energies (Section 2) and also details the acceleration rewards available to you on your Ascension Pathway when you send the Ascension Healing energies (Section 3).

For now however, having just signed up for the Di-Ascension Healing energies, please remember to be loving and gentle with yourself as the first few months of these double intensity healings will likely bring about some deepened healing crises. Also, if you haven't done so already, it is recommended to keep yourself signed up for the Ascension Healing energies on the 11th of the month as well. Both sets of energies are complimentary to each other - and to the Ascension Pathway, so together they bring about a plethora of healing opportunities, growth and ascension.

And lastly, with humble gratitude on behalf of all those who have registered to receive the Ascension Healing energies, and on behalf of all beings, we offer you our sincerest thanks in advance for helping to send the Ascension Healing energies. May these Ascension Healing energies bring immeasurable benefit to yourself and all beings and may we all move into higher & higher layers of light consciousness for the benefit of all! Wishing you infinite light and healing abundance on your Ascension Healing journey!



1. GENERAL INFORMATION ABOUT SENDING THE ASCENSION HEALING ENERGIES ON THE 11TH OF THE MONTH:

It is truly our great honour to welcome you here to this exciting new opportunity to help send the Ascension Healing energies. Here, you are lovingly being offered the chance to connect with the Love Inspiration Ascension Healing energies in a way that can help to bring immense benefit to all beings!

Given the exceptionally high nature of these Ascension Healing energies, it is vital that each person who sends them has the right 'energetic advancement'. Therefore, we do humbly ask that you please double check that you have satisfied the below prerequisites prior to sending out the monthly Ascension Healing on the 11th of each month:



- 1) You have *commenced* The Unified Pathway To Transcending The Light - Volume 1 - The Unified Truth. (I.e. this means that you have completed The Unified Pathway To Light energies and have reached at least Day 1 of Phase One - The Blue Shield, in The Unified Pathway To Transcending The Light - Volume 1).

OR

You have *commenced* Pathway To Light - Volume 6 - The Blue Canal. (I.e. this means that you have completed Pathway To Light - Volume 5 and have reached at least Day 1 of Level 1 - Blem, Part A, in Pathway To Light - Volume 6).

- 2) You have read all of the information on the [Di-Ascension Healing webpage](#) and have signed up to receive the Di-Ascension Healing energies on the 21st of each month, via the official Love Inspiration Di-Ascension Healing registration form. (*As soon as you commence Day 1 of Phase One - The Blue Shield, in Volume 1 of The Unified Pathway To Transcending The Light, OR Day 1 of Level 1 - Blem, Part A in Pathway To Light - Volume 6, you are able to sign up to receive the Di-Ascension Healing energies*).
- 3) You have received a minimum of *three* Di-Ascension Healings (i.e. this is approximately three months after you have signed up).

So now, with each of these prerequisites complete, you are divinely ready to start sending Ascension Healing! In advance, thank you, thank you, thank you!



Although sending the Ascension Healing energies is extremely beneficial, it is important to know that they are completely *optional* to send. Therefore, if you decide that sending the energies is not something that resonates with you then this is perfectly fine.

Furthermore, once you start sending the energies, it is not compulsory to send them every month, you can just send them on the 11th of whichever months work for you. For example, if something crops up on the 11th of this month and you are unable to send the energies, then no problem. Simply wait and send on the 11th of next month. Although it is most beneficial to send the energies every month, we do understand that life circumstances can sometimes pop up, and therefore you are entirely free to send the energies when and if you can.

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FOR SENDING ASCENSION HEALING ON THE 11TH OF THE MONTH

Above all, please know that you will always be divinely guided on your journey forwards and this includes sharing the Ascension Healing energies. There may be times when you are divinely guided towards 'forgetting' to send the energies or being 'too busy' to send the energies and again, this is totally fine.

As always, please be sure to trust your own heart and follow your intuition. In this way, you can simply float down the divine Ascension Healing river, knowing that you will always be guided towards doing what is right for you (and the infinite all) in each and every moment.

And with humble excitement, if you do choose to send the Ascension Healing energies, you will receive a special acceleration opportunity for your own Ascension Pathway journey. This comes in the form of a special '7-day reduction', (or two 7-day reductions if you meet the criteria in [Guideline #5](#)), meaning that you can reduce a resting period on your Ascension Pathway by seven days (or two lots of seven days) for every monthly Ascension Healing that you send. Higher Consciousness explained this 'bonus' by expressing the following:

"Because of your kind service, you have now accumulated great punya (karmic merits), which in turn can now, should you wish, accelerate your own journey."



Please note here also that as more and more people progress on their Ascension Pathway journey and choose to send out the Ascension Healing on the 11th of each month, the Ascension Healing energies being channeled into each recipient will also become stronger and more effective.

Therefore, not only does this help to improve the overall healing impact for each recipient but it also means that each person who is sending out these energies will also benefit from the divinely uplifting acceleration opportunities on their own Ascension Pathway journey. A win-win for all!

More information about the '7-day reduction' acceleration opportunity can be found in Section 3, where all the Guidelines given by Higher Consciousness are outlined. We hope you will enjoy both sending the Ascension Healing energies and also the acceleration opportunities that come with it!

So without further ado, let us now move into the next section which outlines all the information required for how to send the Ascension Healing energies on the 11th of each month.



2. HOW TO SEND THE 11TH OF THE MONTH ASCENSION HEALING ENERGIES:

To start with, it is important to remind each 'sender' that they must have completed the necessary prerequisites, including needing to have received a minimum of three Di-Ascension Healing sessions in order to be able to send the Ascension Healing energies. Once all of the prerequisites are complete, each qualified person is now able to send Ascension Healing on the 11th of each month.

Below is a summary of basic information and this will then be followed by step-by-step instructions for how to send the Ascension healing energies. Thankyou again in advance for your benevolent contribution to benefitting all beings!



A Summary of the Basics for Sending Ascension Healing on the 11th of the Month:

Prior To Sending:

- Ascension Pathway prerequisites have been met.
- You have read the [Di-Ascension Healing webpage](#) in it's entirety.
- You have signed up to receive Di-Ascension Healing.
- You have received a minimum of three Di-Ascension Healings.

Attunement/Activation:

- No attunement or activation is required in order to be able to send the Ascension Healing energies.

Sending:

- **Date:** Send the energies on the 11th of the month (from the country/timezone where you are at that time). Even if you are on holiday for just a few days in a different country, always send the Ascension Healing energies on the 11th of the month in that current country's date & time.
- **Time:** Anytime inbetween 12.01am and 11.59pm on the 11th. Whatever time suits you.
- **Duration:** Approximately 20-35 minutes. (15-20 minutes of 'sending' and 5-15 minutes for pre-sending preparations and post-sending closing/thanks).
- **Place:** Any place where you are comfortable and will not be disturbed for the duration of the sending.
- **Frequency:** Usually the energies are sent just once on the day, however should you wish to, you can repeat the sending process as many times as you wish throughout the 12.01am-11.59pm timeframe of the 11th of the month. There is no limit to how many times you can send the energies during this time. (Note however that sending the energies more than once during the day does not qualify you for more 7-day reductions.)
- **Ambience:** If you wish to, you might like to play the [Maitri Dharma mantras](#) during 'sending' to help guide you into a deeper sense of connection.
- **Open Your Heart:** Throughout the 'sending' process, you are divinely asked to open up your heart in order to receive and share the Ascension Healing energies.

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FOR SENDING ASCENSION HEALING ON THE 11TH OF THE MONTH

Receiving:

- The Ascension Healing energies are sent to/received by those people who have registered/signed up on the official Love Inspiration Ascension Healing form. And of course you, as a sender, will also be receiving these powerful healing energies each time you send them out. As a sender, there is no need to have a list of names of the people who have signed up (as perhaps other distance healing methods require). Due to the divine intelligence of the Ascension healing energies, they will automatically & divinely go to those who have registered to receive them, without you specifically knowing who those people are. As always, setting your intention for the energies to go to those people who've registered is sufficient.

Extra Information:

- When sending the energies, you will be sending them along with Love Inspiration (Marty & Gerry) and all the other qualified 'senders' from around the world (i.e. those who have completed the necessary prerequisites such as yourself).
- Although you will not be in contact with any of these other 'senders' at the time, you will all be sending the energies on the 11th of the month in your own country and timezone. This means that for the receivers of the energies, all around the world, they will be receiving energies anywhere from the 10th - 12th of each month, due to worldly date/time differences.
- Each month there will be a varying number of 'senders' sending the energies. This number will be dependant on whether or not each current sender is able/willing to send the energies and this number will also increase as more and more people reach the required level of prerequisites and are able to join in. Wonderful! During any given month, we will not know how many senders are sending and this is perfectly ok. (The divine intelligence of these energies always oversee everything).
- There is no need to inform Love Inspiration if and when you are sending the Ascension Healing energies. If you wish to send them, then simply do so.
- Once you have sent the energies and are applying your earned 7-day reduction(s) to your Ascension Pathway resting period, this whole process will be managed by you. It is not necessary to inform Love Inspiration when you earn or apply your 7-day reduction(s).

Overall, please know that the 'sending Ascension Healing' process is not intended to be complicated or difficult. Instead, this is a simple way that qualified people can share the Love Inspiration Ascension Healing energies. Simply follow along with the instructions on the next page and you will be successful in sending out Ascension Healing to everyone who has registered. Wonderful!



Thankyou, thankyou, thankyou!



Sending Ascension Healing on the 11th of the Month:

Throughout this process, you are being divinely asked to open up your heart and trust your intuition.

■ **Step 1. Preparation:**

Sit or lie down, whichever is more comfortable for you, ensuring that you will not be disturbed for at least 20-30 minutes. Perhaps you wish to play the [Maitri Dharma mantras](#), light some candles or burn some incense to create a nice ambience.

■ **Step 2. Heart opening:**

Open your heart. To do this, take a few minutes to meditatively imagine your heart opening. This step is most important for the energies to flow. (Throughout the 'sending' process at anytime you do not feel the energies flowing, simply repeat this step. Opening the heart is key.)



■ **Step 3. Invoke the Love Inspiration Ascension Healing energies:**

Call on the energies by saying "I ask to call on the Love Inspiration Ascension Healing energies" and imagine them flowing into your heart. After a couple of minutes, your whole body will be filling up with these (pink) energies. If you don't feel anything after some time, please repeat steps 2 & 3 again.



■ **Step 4. Set your intention:**

After invoking the energies and feeling yourself filling up with them, you can now set your intention. For example, you may wish to say something like the following:



"I ask to send the Love Inspiration Ascension Healing energies to all those who have registered. May these energies heal and guide them for the infinite benefit of all beings.

Thankyou, Thankyou, Thankyou."

■ **Step 5. Allow the energies to 'send':**

Now you can feel the energies flowing or radiating from your heart. In some cases, you might not necessarily feel the 'flow' but rather, you may simply have a beautiful sense of peace. This means that the energies are working and are being shared from your heart. Wonderful!

Due to the interconnected nature of all things, we are all connected with one another through our heart space. When you connect with this practice then, *you are quite literally sharing the Ascension Healing energies from your heart to all the other 'hearts' who have registered.*

We understand that this healing concept may be a little different to other distance healing techniques that you may have learnt before, where you are sending the energies 'out' of your body and 'to' another recipient. However here, you are being given the opportunity to evolve in your understanding once again as you are guided through the process of 'sharing' or radiating the Ascension Healing energies through **one connected heart space** (oneness).

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Because of this different technique with these Ascension Healing energies, you may not feel a specific 'flow' or 'movement' of energies like you may usually experience when sending distance healing. Instead, you may more likely simply feel a sense of connectedness or great peace. And from this, it may not feel like you have 'sent' any energies at all, but you have! In this way the Ascension Healing energies may indeed feel quite different to your usual distance healing sessions and may therefore take some time to get used to. As always, simply trust that the energies are working!



Because of the incredibly divine intelligence of these energies, the sending of the energies to the recipients will happen automatically, simply by following these steps. [However if you wish, you can imagine sending the energies to the group of people who have signed up (or a list of their names), if it's easier for you to have something to focus your sending to].

When sharing these energies, please simply keep going until you feel them drop off or until you feel ready to stop. This will usually be around 15 - 20 minutes or so but it could be a little longer or shorter depending on the energies that are received each month (as each Ascension Healing is unique each month).

Higher Consciousness will always be sending the specific tailored energies for any particular Ascension Healing day and therefore it is important to note that each Ascension Healing you send may be subtly (or significantly) different.

Overall though, like any kind of energy based healing practices, please just trust that the energies are flowing and know that you are doing just fine. Even if you don't feel anything at all, don't worry - the energies are still working!

Please note also that during this 'sending' time, you may start to feel your own energy blocks stirring, moving and shifting whilst sharing these beautiful Ascension Healing energies. The Love Inspiration Ascension Healing energies are indeed very powerful and they will be radiating throughout your whole body (especially as more and more time builds). Therefore, you may experience your own blockages moving / healing / flaring up as they are exposed to this immense Ascension Healing light.

If at any stage you become unfocused or if many thoughts start to flow, just bring your focus back to opening your heart, as this will help to engage the energies more deeply. (Step 2, opening the heart, is the key to this entire practice).

Furthermore, if your mind begins to wander and you feel less focused, you may like to simply repeat steps 2, 3 & 4 over and over again during your 'sending' period, adding in your own intention for the healing energies, as you wish. For example, you may like to set a number of intentions, such as the ones shown below:



- *“May these energies help each person to be free from suffering.”*
- *“May these energies help to restore peace of Earth.”*
- *“May these energies remove all pain, hatred, jealousy etc.”*
- *“May these energies”*



■ Step 6. Give thanks:

When you feel the energies drop off, or when you are ready to finish, please place your hands in prayer position and give thanks for the Ascension Healing energies, by saying something like the following:



“With infinite gratitude, I give thanks for the Love Inspiration Ascension Healing energies. May they benefit all.

Thankyou, Thankyou, Thankyou.”

Congratulations! You have now completed sending the Ascension Healing energies!



Additional Notes:

Higher Consciousness have explained that the Love Inspiration Ascension Healing energies are a set of very specific ‘group based healing energies’ that are uniquely tailored for those recipients that have signed up to receive them. The energies are received through the blessings of Love Inspiration and with the divine endorsement of a great many Higher Consciousness beings. As such, these energies are only available to send on the 11th of each month. In this way, the Ascension Healing process is quite different to sending out other kinds of distance healing sessions (which can be sent on any day).

This is not to say that there would be any detrimental effects if you called on the Love Inspiration Ascension Healing energies at other times of the month, but rather it is important to understand that these energies are blessed and endorsed to be sent on the 11th of the month and will activate successfully when they are used in alignment with these specific instructions.

Overall, the Love Inspiration Ascension Healing energies are an extremely valuable complement to the Love Inspiration Ascension Pathway however they are equally valuable for those who are not walking on any particular Ascension journey as well. They are here to help make our overall journey smoother, easier and quicker for all those who are receiving them. It is wonderful to understand that by sharing these Ascension Healing energies, your actions will most certainly be helping a lot of people!

And finally, for those who haven’t yet read through the [Ascension Healing FAQ’s](#), we do lovingly suggest that you take some time to read through these. Now that you are an Ascension Healing sender, these FAQ’s will no doubt help to bring you a deepened sense of the overall healing process and because they contain a lot of important information, we would now like to formally recommend that you read these, if you haven’t already done so. Enjoy!



3. GUIDELINES FOR APPLYING THE 7-DAY REDUCTION(S) WHEN YOU HAVE COMPLETED SENDING ASCENSION HEALING ON THE 11TH OF THE MONTH:

Firstly, a huge congratulations on sending the Ascension Healing! Now that you have reached this section of the Handbook, having completed the sending of energies on the 11th of the month, you are ready to start applying the reward that you have benevolently earned. The ability to reduce a resting period or periods on your Ascension Pathway awaits. Wonderful!

In the following pages, you will find an outline of all of the Guidelines (seven in total) required for you to be able to apply the 7-day reductions. These Guidelines were brought through, in great detail, from Higher Consciousness and we lovingly ask that you please read through them carefully so that you can apply these to your Ascension Pathway journey in the right way, in order to get the most amount of benefit for your continuing journey forwards.

As previously mentioned, there is no requirement to inform Love Inspiration when you have sent the Ascension Healing energies or when you are going to apply your 7-day reduction(s). As always, Higher Consciousness is lovingly trusting you with the management of your own Ascension Pathway and this includes the correct & careful application of these 7-day reductions.

Please read through the Guidelines over the next few pages and for each Ascension Healing that you send on the 11th of the month, you can then apply the 7-day reduction(s) if all the Guidelines for doing so are met.

Congratulations again for sending the Ascension Healing energies and thankyou, thankyou, thankyou! May you now enjoy some of the rewards from your benevolent actions!



The Basics for Earning & Applying Your 7-Day Reduction:

- **Step 1:** Complete the Ascension Healing on the 11th of the month. Check through the Guidelines to see how many 7-day reductions you have earned. (Normally this is one, however you are gifted two 7-day reductions if you meet the criteria in [Guideline #5](#)). Either way, congratulations!
- **Step 2:** Open your current Ascension Pathway ebook and check what practices and resting days you have coming up, from the 11th of the month (the day you sent the Healing) onwards.
- **Step 3:** See if you can identify any prescribed resting period coming up on your Ascension Pathway that meets all of the Guidelines [i.e. the prescribed resting period is 7 days or more ([Guideline # 2](#)) AND you are able to apply the 7-day reduction within the next calendar month (i.e. 11th of this month - 10th next month as per [Guideline #3](#))].
- **Step 4:** If you find a prescribed resting period that meets all the Guidelines, then simply apply your 7-day reduction and reduce the chosen resting period by seven days. Remember to write down/mark the reduction in your Ascension Pathway timeline / schedule / calendar so you don't forget about it!
- **Step 5:** Enjoy your reduced resting period(s). Congratulations on your Ascension Pathway acceleration!

The Guidelines:

GUIDELINE # 1

For each 11th of the month Ascension Healing day that you send the energies on, you are gifted one* '7-day reduction' which can be used to reduce a resting period on your Ascension Pathway journey. This reduction cannot be applied against any of the other Love Inspiration ebooks or courses as they are only applicable to the resting timeframes within the Ascension Pathway ebooks. In simple terms, the more monthly Ascension Healings that you send, the more '7-day reductions' you are gifted, and the faster you are able to accelerate through your Ascension Pathway, by reducing the number of resting days that you need to take.

(* Note that you are gifted two 7-day reductions if you meet the criteria in [Guideline #5](#)).

GUIDELINE # 2

You may only reduce a resting period that is prescribed in the Ascension Pathway ebook as 7 days or more. Here are some examples in the below two tables showing resting periods that can and cannot be reduced:



The Unified Pathway To Transcending The Light - Volume 1 - 'The Unified Truth' Phase One - The Blue Shield:		
Days	Practice	7-Day Reduction Possible?
43 - 48	6 days rest	✗ Not possible to reduce (as it is less than 7 days)
49	Recite the affirmation	-
50 - 54	5 days rest to allow the transcension to take place	✗ Not possible to reduce (as it is less than 7 days)
55 - 75	3 weeks rest	✓ Possible to reduce. Can reduce by 7 days from 21 days down to 14 days

The Unified Pathway To Transcending The Light - Volume 2 - 'The Diamon Ascension' Between Phase Two and Phase Three:		
Week	Practice	7-Day Reduction Possible?
12	7 days rest	✓ Possible to reduce. Can reduce by 7 days from 7 days down to 0 days

GUIDELINE # 3

Use any 7-day reductions earned as soon as possible after completing the 11th of the month Ascension Healing, as they are only valid for the time up to, and including, the 10th of the next month (i.e. use it within that month or it will expire). The 7-day reduction must be started on, or after the 11th of this month - and on or before the 10th of the next month to remain valid.

So if we now combine [Guideline #2](#) with [Guideline #3](#), it means that we can only apply our 7-day reduction if there is a prescribed resting period of 7 days or more AND we are able to apply it within the next calendar month (i.e. 11th of this month - 10th next month).

If one of these criteria is missing, then we are unable to use our 7-day reduction. In this case, the 7-day reduction will be lost and we would need to send out another round of Ascension Healing next month in order to receive another 7-day reduction. (Then we can look out for the next month's reduction possibilities). In other words, 7-day reductions 'expire' on the 11th of the following month as they cannot be 'banked'.

In order to ascertain whether you can use your 7-day reduction in the period from the 11th to the 10th of the following month, a good way to approach this is to create some kind of simple list, table or calendar of the Ascension Pathway practices and your expected calendar dates of completion. Start from (approximately) the 11th of the month and go through to (approximately) the 10th of the next month. (I.e. encompassing the 11th - 10th dates). From here, you can then easily check if there are any resting periods that fit the Guidelines and you can then schedule in your 7-day reduction(s).

Two tabled examples are given below:

► **EXAMPLE ONE:** In this example, let's assume that you sent out Ascension Healing on the 11th of May. The below table, continued on the next page, shows the outline of Ascension Pathway XYZ (fictitious) and examples of possible 7-day reductions. [*Please note that whilst several different possibilities for the 7-day reductions have been shown here, it is only possible to use one 7-day reduction in any month (or two if you meet the criteria in [Guideline #5](#))*]. These several examples below are fictitious and are just shown for educational purposes:

Ascension Pathway XYZ			
Days (from the ebook)	Practice (from the ebook)	Your dates that you are scheduled to do the practice	7-Day Reduction Possible?
Chapter One			
17 - 27	11 days rest	8th - 18th May	<p>✔ Possible to reduce. Can reduce by 7 days from 11 days down to 4 days but the reduction can only be used from the 11th of the month, therefore:</p> <p>Complete 3 days of rest on the 8th-10th, then the 7-day reduction can be used (11th - 17th) as this is within the monthly timeframe. Then complete one final day of rest to make up the total 11 days.</p> <p>Your actual schedule, with the reduction included would therefore look like this:</p> <ul style="list-style-type: none"> ▸ 8th - 10th May = 3 days rest ▸ (7-day reduction) ▸ 11th May = 1 day rest ▸ 12th May = begin next set of practices

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FOR SENDING ASCENSION HEALING ON THE 11TH OF THE MONTH

Ascension Pathway XYZ <i>continued...</i>			
Days (from the ebook)	Practice (from the ebook)	Your dates that you are scheduled to do the practice	7-Day Reduction Possible?
28 - 30	Symbol practice (3 days)	19th May - 21st May	-
31 - 33	3 days rest	22nd May - 24th May	✗ Not possible to reduce (as it is less than 7 days)
34	Invocation (1 day)	25th May	-
35 - 41	7 days rest	26th May - 1st June	<p>✓ Possible to reduce. Can reduce by 7 days from 7 days down to 0 days.</p> <p>Your actual schedule, with the reduction included would therefore look like this:</p> <ul style="list-style-type: none"> ▸ 25th May = Invocation ▸ (7-day reduction) ▸ 26th May = begin Chapter Two practices
Chapter Two			
1 - 5	Symbol practice (5 days)	2nd - 6th June	-
6 - 17	12 days rest	7th - 18th June	<p>✓ Possible to reduce as 7-day reduction is started on or before the 10th of the next month. Can reduce from 12 days down to 5. (7 days = 7th - 13th June)</p> <p>Your actual schedule, with the reduction included would therefore look like this:</p> <ul style="list-style-type: none"> ▸ 2nd - 6th June = symbol practice ▸ (7-day reduction) ▸ 7th - 11th June = remaining 5 days rest ▸ 12th June = begin next set of practices <p style="text-align: center;">*****</p> <p>Further examples: The following would apply if the 12 days rest fell on these dates:</p> <ul style="list-style-type: none"> • 8th - 19th June ✓ Possible to reduce (as started on or before the 10th) • 9th - 20th June ✓ Possible to reduce (as started on or before the 10th) • 10th - 21st June ✓ Possible to reduce (as started on or before the 10th) • 11th - 22nd June ✗ Not possible to reduce (as not started on or before the 10th, but may be able to reduce after completing next month's Ascension Healing - on the 11th June)

ASCENSION HEALING HANDBOOK

FOR SENDING ASCENSION HEALING ON THE 11TH OF THE MONTH

► **EXAMPLE TWO:** In this second example, let's assume that you sent out the Ascension Healing on the 11th July. In this case, the below table shows the outline of Ascension Pathway ABC (fictitious) so you can see possibilities for applying the available 7-day reduction in two different ways, both supplying the same outcome:



Ascension Pathway ABC			
Days (from the ebook)	Practice (from the ebook)	Your dates that you are scheduled to do the practice	7-Day Reduction Possible?
54 - 62	9 days rest	26th July - 3rd August	<p>✅ Possible to reduce. Can reduce by 7 days from 9 days down to 2 days.</p> <p style="text-align: center;">You can use the 7-day reduction from either:</p> <ul style="list-style-type: none"> (i) 26th - 1st : completing 2 days rest afterwards on the 2nd-3rd August (ii) 28th - 3rd : completing 2 days rest prior on the 26th - 27th July <p>(Both of these dates comply with starting on or after the 11th and before or on the 10th of the next month).</p> <p>Your actual schedule, with the reduction included would therefore look like one of the following, (both yielding the same result):</p> <ul style="list-style-type: none"> (i) <i>(7-day reduction)</i> 26th - 27th July = 2 days rest 28th July = begin next set of practices (ii) 26th - 27th July = 2 days rest <i>(7-day reduction)</i> 28th July = begin next set of practices

🌿 GUIDELINE # 4

Reductions that are not used cannot be banked. They are simply lost if they cannot be used in that month period from the 11th to the 10th of the next month. (I.e. a 7-day reduction that is earned on the 11th April will expire on the 11th May).

Please note here though that as you progress on your Ascension Pathway journey into The Diamond Pathway, you will then be given the opportunity to send out the Di-Ascension Healing energies.

At that point, if you send both the Ascension Healing & Di-Ascension Healing energies in any given month, you WILL be able to 'bank' your reductions so that you can use these at a later date. (You will also earn more 7-day reductions too). So this is something to look forward to!



🌱 GUIDELINE # 5

If you are in a Maitri Centre at the time of sending the monthly Ascension Healing on the 11th of the month, then your merits are doubled and you are entitled to TWO 7-day reductions in that month.

In order to qualify for this 'doubling' of merits, Higher Consciousness have explained that you must have been inside the Maitri Centre for a minimum of one week prior to sending the Ascension Healing. (I.e. you cannot just pop in to the centre for one day, send the healing and then leave again!)

Note that these two 7-day reductions can only be applied if you are not fast-tracking your Ascension Pathway ebook as per [Guideline #6](#).



🌱 GUIDELINE # 6

At the time of applying any 7-day reduction, you must be completing your Ascension Pathway ebook in the normal timeframes and not be *fast-tracking the ebook. (When you are fast-tracking an ebook you cannot apply any 7-day reductions because you are already speedily accelerating through your Ascension Pathway ebook in only a fraction of the normal time).

** If you are not familiar with "fast-tracking" the opportunity to fast-track an Ascension Pathway ebook becomes available to you from Blue Light - Volume 3 (Step 2: The Ascended Pathway) onwards, where you can take part in an A.E.I. Retreat. In simple terms, the wonderful A.E.I. Retreat format allows you to fast-track or accelerate through the Love Inspiration Ascension Pathway so that rather than completing an ebook in your own home, you can come and stay at a Maitri Centre and receive the same amount of energetic uplift, healing & ascension in only 10% of the time. More information about this will become available to you when you reach the Blue Light - Volume 3 ebook, however you are also welcome to [view the A.E.I. Retreat webpage here](#).*

🌱 GUIDELINE # 7

Higher Consciousness is lovingly trusting you to manage the process of sending Ascension Healing and the process of applying any earned 7-day reductions yourself. It is therefore up to you to keep a diligent track of your Ascension Healings sent and any corresponding 7-day reductions earned, applying them honestly and carefully each month.

There is no requirement to inform Love Inspiration when you send the Ascension Healing or when you apply a 7-day reduction. Instead, you are lovingly invited to use these Guidelines and simply apply them to your own unique circumstances, applying them honestly and to the best of your ability each month, for the highest possible good of all beings.



We understand that applying these Guidelines may be a little tricky to start with so please remember you are always welcome to post any questions or experiences in the Love Inspiration Community Facebook group should you wish to. Furthermore, we also understand that it is possible for people to make mistakes along the way and this is totally fine. Just as long as you are doing your best, honestly and genuinely, you will be fine!

4. FINAL COMMENTS:

Congratulations! We are truly honoured, humbled and delighted to know that you have completed your Love Inspiration Ascension Healing training. And we do lovingly recommend that you now send out the 11th of the month Ascension Healing energies as often as you are able to!

By sending out these Ascension Healing energies, it can not only help you to accelerate on your own Ascension Pathway journey but it also helps you to accumulate a truly wonderful amount of karmic merits that will no doubt continue to bring more and more acceleration opportunities into your pathway. Wonderful!

Congratulations again on reaching this point and for making it to yet another milestone on your journey forwards! Having progressed so well on your Ascension Pathway journey, we hope that this Ascension Healing opportunity will help you to give back to others in a way that enables you to grow, evolve & blossom on your own journey.

This Ascension Healing opportunity is truly a very precious one and for Marty & Gerry, whenever they connect to the Ascension Healing energies themselves, they feel a tremendous influx of very pure and pristine energies radiating and flowing for the entire community of receivers which is incredible!

Also, Higher Consciousness has explained that the Love Inspiration Ascension Healing energies are being channeled through by 'exceptionally High Light Beings'. In this way, when we take the time to regularly channel, send or radiate these energies outwards for others, it means that we ourselves can receive great benefit, as these tremendously pure energies flow and radiate through us.

Moving forwards, excitedly there are still many treasures to look forward to on your Ascension Pathway journey. As you begin to move into Step 2 of the Ascension Pathway, reaching Blue Light Volume 3, you are able to begin looking at acceleration opportunities such as [A.E.I. Retreats](#).

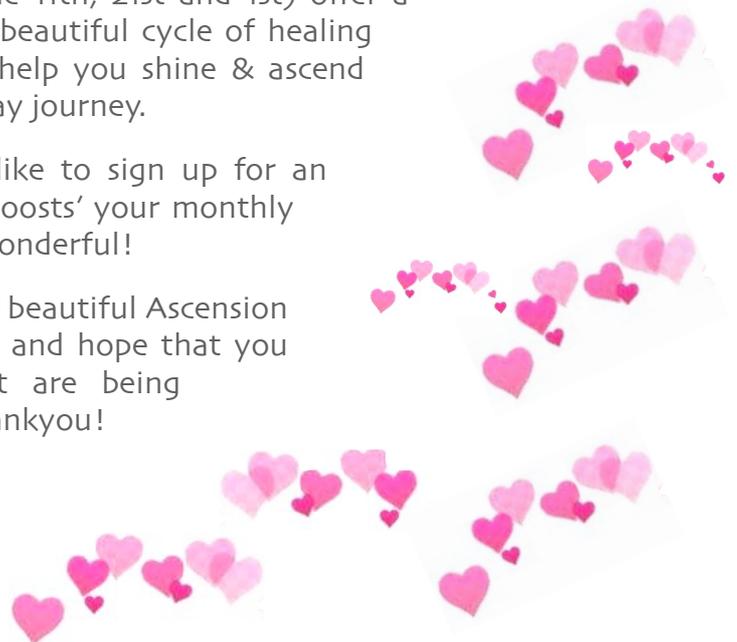
And as you move into the Diamond Pathway (Step 4 on the Ascension Pathway), you are able to sign up to receive the third and final set of monthly Ascension Healing energies - Tri-Ascension Healing, sent on the 1st of each month. Together, all three sets of monthly Ascension Healing energies (sent on the 11th, 21st and 1st) offer a complimentary package of Ascension Healing; a beautiful cycle of healing that is lovingly offered to you each month, to help you shine & ascend further and more easily on your Ascension Pathway journey.

And if you haven't done so already, you may like to sign up for an [Ascension Healing Booster](#) which even further 'boosts' your monthly Ascension, Di & Tri Ascension Healing energies. Wonderful!

For now however, we thank you for sharing these beautiful Ascension Healing energies on the the 11th of each month and hope that you enjoy the truly profound karmic merits that are being accumulated as a result! Thankyou, thankyou, thankyou!

With love inspired blessings,

**LOVE INSPIRATION &
MAITRI FOUNDATION**



**MAY ALL MERIT ACCUMULATED FROM SENDING THE MONTHLY
ASCENSION HEALING ENERGIES BE USED
FOR THE BENEFIT OF ALL**

May all beings attain Mukti - Moksha (Freedom & Liberation)