

# Tri-Ascension Healing Handbook



For Sending Tri-Ascension  
Healing on the 1st of the Month

Love Inspiration & Maitri Foundation

TRI-ASCENSION HEALING HANDBOOK  
FOR SENDING TRI-ASCENSION HEALING ON THE 1ST OF THE MONTH

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*Love Inspiration*

*Learn • Heal • Awaken*

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MAY THESE TRI-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 Tri-Ascension Healing energies on the 1st of the month you:***

- 1) Have *commenced* The Golden-White Light Pathway - Volume 1 - The Golden Dimension. *As soon as you commence Day 1 of Chapter One - 'Activation Of Energies' in Volume 1 of The Golden-White Light Pathway, then you are able to commence the Triple Activation process in Section 2 of this ebook. From there, you may then begin sending the Tri-Ascension Healing energies.*

*\* Note that if you are fast-tracking the Volume 1 ebook, then you may commence the Triple Activation process anytime from your first day of retreat. (The first day of retreat means the actual first day where you are starting the retreat, not the arrival day in the Centre. Also, you may complete the Triple Activation process during your stay in the Maitri Centre whilst fast-tracking the ebook).*

*Note that although it is likely that you will have signed up to receive the Tri-Ascension Healing energies when you reached The Diamond Pathway - Volume 1 - Diamond Radiance, it is not necessary for you to have received any Tri-Ascension Healings yourself as a prerequisite to send these energies (unlike the previous Ascension & Di-Ascension Healing Handbooks).*

*However if you have taken up the White Light STAR AGP opportunity and have accelerated forwards to the White Light Wisdom Volume 4 ebook, then you need to have received 12 Tri-Ascension healings before being able to help send the monthly Tri-Ascension Healing energies.*

***Once you have completed the above prerequisites, and have completed the Triple Activation in Section 2, you may begin sending the Tri-Ascension Healing energies on the 1st of the month. With love, we gratefully and humbly thank you for your help in sending these precious energies for the benefit of all!***



### **A NOTE ON ADHERING TO COURSE TIMEFRAMES & PREREQUISITES:**

Higher Consciousness has requested that this note be added here to emphasise the importance of the following:

#### **▶ Ensuring you have met the required prerequisites before commencing this ebook**

*[FAQ: Is it important to complete the prerequisites for an ebook?](#)*

#### **▶ Ensuring you follow the prescribed timeframes in all ebooks**

*[FAQ: Do I need to follow the prescribed timeframes given in each ebook?](#)*

#### **▶ Ensuring you follow the prescribed resting timeframes in all ebooks**

*[FAQ: Is it important to complete the resting days in between the practices?](#)*

All of the prerequisites and instructions in this ebook have been divinely created, designed & brought through by Higher Consciousness. Should you try to access and send these advanced level energies without correctly completing the divinely prescribed prerequisites (that includes doing them in the correct timeframes), Higher Consciousness has explained that these energies will simply not be activated - and that trying to send these energies to others without having built the right energetic foundational channels does “no favours” for the person sending them.

It is therefore vitally important for your own highest good, and for the benefit of all, that you complete the required prerequisites and associated timeframes carefully before commencing this ebook. We lovingly ask that you please read the above FAQs and refrain from ‘speeding through’ timeframes, practices, ebooks or prerequisites in less time than has been divinely prescribed. Over the years, Higher Consciousness has shared a number of messages on this topic and with much love, here are two:

*“Accessing advanced level energies before you are ripe to receive them can cause backward-sliding effects for not only oneself, but for the Love Inspiration Community & collective consciousness as a whole. Your premature acceleration is not recommended, with love, under any circumstances. Please take heed.”*

*“Those who are knowingly not following the Ascension Pathway correctly, not using the specified timeframes or jumping ahead to reach advanced levels or practices, we ask you lovingly to refrain. This is not a request for ourselves, but rather a plea to aid your very own ascension. Let us assure you that misusing the energies in this way will not bring you any advancement and in fact, over time, misuse of the energies will corrode your energetic merit & therefore your ability to stay on the pathway.”*

Lastly, please know that if you want to speed up your pathway/ascension, then Higher Consciousness has lovingly brought through several *legitimate* optional ways to do this and further information can be found on the [Accelerate Your Ascension Pathway webpage](#).

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**GET THE MOST CURRENT VERSION OF THE TRI-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.

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*Welcome to the*



Tri-Ascension  
Healing Handbook

**TRI-ASCENSION HEALING HANDBOOK**  
FOR SENDING TRI-ASCENSION HEALING ON THE 1ST OF THE MONTH

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*Love Inspiration*  
*Learn • Heal • Awaken*

**TRI-ASCENSION HEALING HANDBOOK**  
FOR SENDING TRI-ASCENSION HEALING ON THE 1ST OF THE MONTH

**WELCOME TO THE TRI-ASCENSION HEALING HANDBOOK!:**

With much love, we warmly welcome you here to the Tri-Ascension Healing Handbook. If you are reading this, it means that you have now commenced The Golden-White Light Pathway - Volume 1 - The Golden Dimension ebook. This is a truly wonderful accomplishment and we warmly congratulate you for reaching this incredibly elevated level of the Ascension Pathway journey!

This Handbook is similar in layout to the previous Ascension Healing and Di-Ascension Healing Handbooks, with Section 2 covering how to complete the required Triple Activation, Section 3 covering how to send the Tri-Ascension energies and Section 4 covering the details of the acceleration rewards available to you on your Ascension Pathway when you send the Tri-Ascension Healing energies.

As a loving reminder, please do remember to stay signed up for each of the three monthly Ascension Healing, Di-Ascension Healing and Tri-Ascension Healing energies in order to receive the full cycle of monthly healing energies. May you shine & ascend further and more easily on your Ascension Pathway journey!

And lastly, with humble gratitude on behalf of all those who have registered to receive the Tri-Ascension Healing energies, and on behalf of all beings, we offer you our sincerest thanks in advance for helping to send the Tri-Ascension Healing energies. And an extra special thankyou if you are choosing to help send both the Ascension Healing and Di-Ascension Healing energies each month as well!

May these energies help to bring immeasurable benefit to yourself and all beings and may all beings move into higher & higher layers of light consciousness! Wishing you infinite light and healing abundance on your Ascension Healing journey!



#### 1. GENERAL INFORMATION ABOUT SENDING THE TRI-ASCENSION HEALING ENERGIES ON THE 1ST OF THE MONTH:



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

Given the exceptionally high nature of these Tri-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 Tri-Ascension Healing on the 1st of each month:

- 1) Have *commenced* The Golden-White Light Pathway - Volume 1 - The Golden Dimension. *As soon as you commence Day 1 of Chapter One - 'Activation Of Energies' in Volume 1 of The Golden-White Light Pathway, then you are able to commence the Triple Activation process in Section 2 of this ebook. From there, you may then begin sending the Tri-Ascension Healing energies.*

*\* Note that if you are fast-tracking the Volume 1 ebook, then you may commence the Triple Activation process anytime from your first day of retreat. (The first day of retreat means the actual first day where you are starting the retreat, not the arrival day in the Centre. Also, you may complete the Triple Activation process during your stay in the Maitri Centre whilst fast-tracking the ebook).*

*Note that although it is likely that you will have signed up to receive the Tri-Ascension Healing energies when you reached The Diamond Pathway - Volume 1 - Diamond Radiance, it is not necessary for you to have received any Tri-Ascension Healings yourself as a prerequisite to send these energies (unlike the previous Ascension & Di-Ascension Healing Handbooks).*

*However if you have taken up the White Light STAR AGP opportunity and have accelerated forwards to the White Light Wisdom Volume 4 ebook, then you need to have received 12 Tri-Ascension healings before being able to help send the monthly Tri-Ascension Healing energies.*

So now, with the above prerequisite complete, you are divinely ready to take the required Triple Activation (see Section 2) and then you can start sending Tri-Ascension Healing! In advance, thankyou, thankyou, thankyou! (Remember also, that you are most welcome to continue sending the Ascension Healing and Di-Ascension energies on the 11th & 21st of the month as well. In fact, this is highly recommended!)



Although sending the Tri-Ascension energies is extremely beneficial, we wish to point out here that they are completely *optional*. Therefore, if you decide that sending the Tri-Ascension Healing energies is not something that resonates with you, then this is perfectly fine.

Furthermore, once you start sending the Tri-Ascension Healing energies, it is not compulsory to send them every month. For example, if something crops up on the 1st of this month and you are unable to send the energies, then no problem. Simply wait and send on the 1st 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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Having said this, please note that if you do miss sending one Tri-Ascension Healing, it will affect your accumulated (banked for later use) 7-day reductions. (For more detailed information about this, please refer to the guidelines in Section 4 and the summary table in Section 5).

With this in mind, we lovingly recommend that each person takes whatever time they need to fully understand the guidelines and rewards (see Sections 4 & 5) before commencing sending any Tri-Ascension / Di-Ascension / Ascension Healing energies, and then simply chooses an approach that works for them. For example, are you interested to send just Ascension Healing each month? Or both Ascension Healing & Di-Ascension Healing each month? Or all three Ascension Healing, Di-Ascension Healing & Tri-Ascension Healing? Are you interested to send healing energies when it's possible for you, or are you going to commit to sending one, two or all three sets of Healing energies *every* month consecutively?

Above all, please know that you will always be divinely guided on your journey forwards and this includes sharing the Tri-Ascension Healing energies. Please be sure to trust your heart and follow your intuition. In this way, you can simply float down the divine Tri-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.

If you do decide to send the Tri-Ascension Healing energies, in line with the guidelines in Section 4, you will receive special acceleration opportunities, in the form of 7-day reductions for your own Ascension Pathway journey. These acceleration opportunities will be credited to you each and every set of Healing energies that you send, as explained here by Higher Consciousness:

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*"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."*

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And each month, the more sets of energies that you send, the more bonuses you can apply for your own Ascension Pathway journey, which then helps all beings, due to the interconnected nature of all things. Therefore, if you are able to, we highly recommend sending all three sets of energies every month!



Please note here also that as more and more people progress on their Ascension Pathway journey and choose to send out Tri-Ascension Healing on the 1st of each month, the Tri-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 benefit from the divinely uplifting acceleration opportunities on their own Ascension Pathway journey. A win-win for all!

We hope you will enjoy both sending the Tri-Ascension Healing energies and also the acceleration opportunities that come with it! And without further ado, let us now move into the next section which outlines all the information required for how you can complete the Triple Activation in order to send the Tri-Ascension Healing energies.



## 2. COMPLETING THE TRIPLE ACTIVATION SO THAT YOU CAN SEND THE MONTHLY TRI-ASCENSION HEALING ENERGIES:

Welcome to the first step in sending the Tri-Ascension Healing energies - the activation! When you have commenced Day 1 of Volume 1 - The Golden Dimension, you are able to begin the Triple Activation. (There is no requirement to have received any set number of Tri-Ascension healings first).

The Triple Activation is made up of three Keys of Activation, which are taken over the month, with each Key connecting you to one of the three Sources of Radiant Light. The Triple Activation is only required to be completed once, as when the three Keys are completed you will then be activated for all future Tri-Ascension Healing energies you wish to send.

An outline of when to take each of the three Keys of Activation is shown in the table below:



Date of the Month	Information
X of month A	Date of commencing Day 1 of Volume 1 - The Golden Dimension
1st of month B	First Key of Activation
11th of month B	Second Key of Activation *
21st of month B	Third Key of Activation *
1st of month C	Start sending the Tri-Ascension Healing energies

*\* Note that when you take the Second and Third Keys of Activation on the 11th and 21st of the month, it is still ok to send the monthly Ascension Healing and Di-Ascension Healing energies on these days also.*



### **The Triple Activation**

The steps for completing the Triple Activation (the three Keys of Activation) are outlined on the following pages. Please ensure that you read through the whole procedure for each Key of Activation, in advance, so that you are prepared with an understanding of what is required, including candle(s) to light, before commencing.

Each of the three activations are the same, except the applicable wording changes and the First key of Activation has one candle to light, the Second Key of Activation has two candles to light and the Third Key of Activation has Three candles to light.

#### First Key Of Activation - First Of The Month

##### ■ Step 1. Preparation:

Sit or lie down, whichever is more comfortable for you, ensuring that you will not be disturbed for at least 30-40 minutes. Perhaps you wish to play some [healing or relaxing music](#), light some candles or burn some incense to create a nice ambience.

##### ■ Step 2. Heart opening:

Be in meditative silence for 5 - 8 minutes, focusing on opening the heart and really feeling the connection of one-ness.

##### ■ Step 3. Invoke the First Key Of Activation for the Love Inspiration Tri-Ascension Healing Energies:

Invoke the First Key of Activation by placing your hands into prayer position and saying the following:



**"I ask lovingly and wholeheartedly, with deep intention, to bring forth the First Key of Activation to enable the ability to send the Love Inspiration Tri-Ascension Healing energies. May this activation lovingly open the required connection to the First Source of Radiant Light. And it is so. Thankyou, Thankyou, Thankyou."**

##### ■ Step 4. Meditative Silence:

Now, lovingly be in meditative silence for 18-24 minutes whilst the Activation energies flow. You may feel movement around your Crown Chakra, Throat Chakra & Third-Eye Chakra as the connection is opened. You may also feel the energies pour into the palms of the hands, so if it feels right for you, you may like to turn your hands palms-up during this meditative silent time.

The energies in the Activation seem to weave strongly in and out of each chakra, the palms of the hands and the soles of the feet, therefore it may be helpful to ground yourself repeatedly during this time if you are feeling 'floaty' or light-headed.

In the second half of this time period, the energies begin to assimilate in your body and therefore you may not feel as much movement, however you may in fact start to feel tired or heavy as the energies embed.

##### ■ Step 5. Give Thanks:

Now we lovingly offer our thanks for receiving this First Key of Activation. If you wish to, it is a nice offering of thanks to light a candle and then say the following:

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**“With infinite gratitude I give thanks for this First Key of Activation and for the connection to the First Source of Radiant Light.**

**With love, Thankyou, Thankyou, Thankyou.”**

Congratulations! Your First Key of Activation is now complete.



### **Second Key Of Activation - Eleventh Of The Month**

#### **Step 1. Preparation:**

Sit or lie down, whichever is more comfortable for you, ensuring that you will not be disturbed for at least 30-40 minutes. Perhaps you wish to play some [healing or relaxing music](#), light some candles or burn some incense to create a nice ambience.

#### **Step 2. Heart opening:**

Be in meditative silence for 5 - 8 minutes, focusing on opening the heart and really feeling the connection of one-ness.

#### **Step 3. Invoke the Second Key Of Activation for the Love Inspiration Tri-Ascension Healing Energies:**

Invoke the Second Key of Activation by placing your hands into prayer position and saying the following:



**“I ask lovingly and wholeheartedly, with deep intention, to bring forth the Second Key of Activation to enable the ability to send the Love Inspiration Tri-Ascension Healing energies. May this activation lovingly open the required connection to the Second Source of Radiant Light.**

**And it is so.**

**Thankyou, Thankyou, Thankyou.”**

■ **Step 4. Meditative Silence:**

Now, lovingly be in meditative silence for 18-24 minutes whilst the Activation energies flow. You may feel movement around your Crown Chakra, Throat Chakra & Third-Eye Chakra as the connection is opened. You may also feel the energies pour into the palms of the hands, so if it feels right for you, you may like to turn your hands palms-up during this meditative silent time.

The energies in the Activation seem to weave strongly in and out of each chakra, the palms of the hands and the soles of the feet, therefore it may be helpful to ground yourself repeatedly during this time if you are feeling 'floaty' or light-headed.

In the second half of this time period, the energies begin to assimilate in your body and therefore you may not feel as much movement, however you may in fact start to feel tired or heavy as the energies embed.

■ **Step 5. Give Thanks:**

Now we lovingly offer our thanks for receiving this Second Key of Activation. If you wish to, it is a nice offering of thanks to light two candles and then say the following:



**"With infinite gratitude I give thanks for this Second Key of Activation and for the connection to the Second Source of Radiant Light.**

**With love, Thankyou, Thankyou, Thankyou."**

Congratulations! Your Second Key of Activation is now complete.



## 🌸 **Third Key Of Activation - Twenty-First Of The Month**

■ **Step 1. Preparation:**

Sit or lie down, whichever is more comfortable for you, ensuring that you will not be disturbed for at least 30-40 minutes. Perhaps you wish to play some [healing or relaxing music](#), light some candles or burn some incense to create a nice ambience.

■ **Step 2. Heart opening:**

Be in meditative silence for 5 - 8 minutes, focusing on opening the heart and really feeling the connection of one-ness.

#### ■ Step 3. Invoke the Third Key Of Activation for the Love Inspiration Tri-Ascension Healing Energies:

Invoke the Third Key of Activation by placing your hands into prayer position and saying the following:



**"I ask lovingly and wholeheartedly, with deep intention, to bring forth the Third Key of Activation to enable the ability to send the Love Inspiration Tri-Ascension Healing energies. May this activation lovingly open the required connection to the Third Source of Radiant Light. And it is so. Thankyou, Thankyou, Thankyou."**

#### ■ Step 4. Meditative Silence:

Now, lovingly be in meditative silence for 18-24 minutes whilst the Activation energies flow. You may feel movement around your Crown Chakra, Throat Chakra & Third-Eye Chakra as the connection is opened. You may also feel the energies pour into the palms of the hands, so if it feels right for you, you may like to turn your hands palms-up during this meditative silent time.

The energies in the Activation seem to weave strongly in and out of each chakra, the palms of the hands and the souls of the feet, therefore it may be helpful to ground yourself repeatedly during this time if you are feeling 'floaty' or light-headed.

In the second half of this time period, the energies begin to assimilate in your body and therefore you may not feel as much movement, however you may in fact start to feel tired or heavy as the energies embed.



#### ■ Step 5. Give Thanks:

Now we lovingly offer our thanks for receiving this Third and final Key of Activation. If you wish to, it is a nice offering of thanks to light three candles and then say the following:



**"With infinite gratitude I give thanks for this Third Key of Activation and for the connection to the Third Source of Radiant Light.**

**With love, Thankyou, Thankyou, Thankyou."**

Congratulations! Your Third Key of Activation and the Triple Activation are now complete. You may begin sending the Tri-Ascension Healing energies on the 1st of the next month, as per the instructions given in Section Three (the next section).

### 3. HOW TO SEND THE 1ST OF THE MONTH TRI-ASCENSION HEALING ENERGIES:

Welcome! Once you have completed your Triple Activation on the 1st, 11th and 21st of the month (from Section Two above), you are now ready to begin sending the Tri-Ascension Healing energies on the 1st of the following month. Wonderful! Thankyou in advance for helping to send these beautiful energies!

Note that the process for sending Tri-Ascension Healing is exactly the same as for when sending the Di-Ascension and Ascension Healing energies (except you are calling on the Tri-Ascension Healing energies rather than the Di-Ascension / Ascension Healing energies) and again, it is not supposed to be complicated - just follow your heart and trust your intuition.

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



#### *A Summary of the Basics for Sending Tri-Ascension Healing on the 1st of the Month:*

##### **Prior To Sending:**

- The Ascension Pathway prerequisite has been met (you have commenced The Golden-White Light Pathway - Volume 1 - The Golden Dimension).
- You have re-read the [Tri-Ascension Healing webpage](#) if you wish to refresh yourself about the Tri-Ascension energies).

##### **Attunement/Activation:**

- The Triple Activation outlined in Section 2 has been completed on the 1st, 11th and 21st of the month, prior to commencing sending the Tri-Ascension healing energies.

##### **Sending:**

- **Date:** Send the energies on the 1st 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 Tri-Ascension Healing energies on the 1st of the month in that current country's date & time.
- **Time:** Anytime in between 12.01am and 11.59pm on the 1st. Whatever time suits you.
- **Duration:** Approximately 25-35 minutes. (Approx. 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 1st 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.)

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- **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 Tri-Ascension Healing energies.

#### **Receiving:**

- The Tri-Ascension Healing energies are sent to/received by those people who have registered/signed up on the official Love Inspiration Tri-Ascension Healing form. (In order to sign up, these recipients must have completed the necessary prerequisites to receive the energies).
- 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 Tri-Ascension Healing energies, they will automatically & divinely go to those who have registered/are eligible to receive them, without you specifically knowing who those people are. Higher Consciousness has also explained that anyone who signs up to receive Tri-Ascension Healing who has not completed the required prerequisites will simply not receive the energies. Therefore as a sender you can simply trust that the energies will automatically go only to those who are eligible. As always, setting your intention for the energies to go to those people who have registered and are eligible is more than 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 1st 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 last day of the previous month to the 2nd of this 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 Tri-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 Tri-Ascension Healing' process is exactly the same as for when sending the Di-Ascension and Ascension Healing energies and is not intended to be complicated or difficult. Instead, this is a simple way that qualified people can share the Love Inspiration Tri-Ascension Healing energies. Simply follow along with the instructions below and you will be successful in sending out Tri-Ascension Healing to everyone who has registered & eligible. Remember to follow your heart and trust your intuition!



*Thankyou, thankyou, thankyou!*



### *Sending Tri-Ascension Healing on the 1st of the Month:*

*Note that sending the Tri-Ascension Healing energies may likely feel different to sending the Di-Ascension or Ascension Healing energies, as the three sets of energies are quite different. Also remember that every Tri-Ascension Healing / Di-Ascension Healing / Ascension Healing is unique and therefore every 'sending' may feel different in general. Trust yourself and the energies and enjoy!*

*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 Tri-Ascension Healing energies:**

Call on the energies by saying "I ask to call on the Love Inspiration Tri-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 step 2 and then step 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 Tri-Ascension Healing energies to all those who have registered and are eligible. May these energies infuse their being with light, love & liberation 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!

Remember that in the same way we send the Di-Ascension Healing and Ascension Healing energies, as we are all connected in our heart space, you are literally sharing the Tri-Ascension Healing energies in your heart with all the other 'hearts' who have registered & are eligible. This healing is different to other distance healing techniques where we send the energies 'out' of our body and 'to' the other recipient. Here we are 'sharing' our energies through our connected heart / oneness.

Because of this different technique with these Ascension Healing energies, (Tri-Ascension / Di-Ascension & Ascension Healing) 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/are eligible (or a list of their names), if it's easier for you to have something to focus your sending to].

As the Tri-Ascension Healing energies begin to flow you may feel a little unbalanced, however please know that this is the three Sources of Radiant Light flowing and that they will become more aligned the more often you send the healing.

Remember that this Triple-Radiant Ascension Healing is literally flooding each recipient with a massive influx of light and you as the sender will also be receiving this same massive influx. The energies are strong and purifying, helping each recipient to reach new levels of Ascension and helping them to shine, shine, shine by polishing away the specs of impurities.

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



## TRI-ASCENSION HEALING HANDBOOK

FOR SENDING TRI-ASCENSION HEALING ON THE 1ST OF THE MONTH

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Higher Consciousness will always be sending the specific tailored energies for any particular Tri-Ascension Healing day and therefore it is important to note that each Tri-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 radiant Tri-Ascension Healing energies. The Love Inspiration Tri-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 triple radiant light.

If at any stage you become unfocused or if many thoughts start to flow, just bring your focus back to opening up 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 all your impurities be cleared and polished so that you shine radiantly for the benefit of all!"*
  - *"May your light shine brightly!"*
  - *"May you ascend, ascend, ascend!"*
  - *"May all barriers and obstacles to your next levels of ascension be removed."*
  - *"May these energies ....."*



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### ■ 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 Tri-Ascension Healing energies, by saying something like the following:



**"With infinite gratitude, I give thanks for the Love Inspiration Tri-Ascension Healing energies. May they benefit all.**

**Thankyou, Thankyou, Thankyou."**

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

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## TRI-ASCENSION HEALING HANDBOOK

FOR SENDING TRI-ASCENSION HEALING ON THE 1ST OF THE MONTH

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### Additional Notes:

Higher Consciousness have explained that the Love Inspiration Ascension Healing energies (Tri-Ascension / Di-Ascension & Ascension Healing) are a set of very specific 'group based healing energies' that are uniquely tailored for those recipients that have signed up to, and are eligible 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 one specific day each month (i.e. Tri-Ascension on the 1st, Di-Ascension on the 21st and Ascension on the 11th). 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 Tri-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 1st of the month, can only be received by those who have completed the necessary Ascension Pathway prerequisites and will only activate successfully when they are used in alignment with these specific instructions.

Overall, the Love Inspiration Tri-Ascension Healing energies are an extremely valuable complement to the Love Inspiration Ascension Pathway. 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 Tri-Ascension Healing energies, your actions will most certainly be helping a lot of people!

And finally, now is an excellent time to have a refresher read through of the [Ascension Healing FAQ's](#). Now that you are a Tri-Ascension Healing sender (and likely a Di-Ascension and Ascension Healing sender as well), 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 lovingly ask that you please re-read these, so that you are touching base with these teachings again, for your highest possible good. Enjoy!



#### **4. GUIDELINES FOR APPLYING THE 7-DAY REDUCTION(S) WHEN YOU HAVE COMPLETED SENDING ASCENSION / DI-ASCENSION / TRI-ASCENSION HEALING:**

Firstly, a huge congratulations on sending the Tri-Ascension Healing! Now that you have reached this section of the Handbook, having completed the sending of energies on the 1st 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 (ten 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. Note that although some of these Guidelines are the same as in the previous Di-Ascension & Ascension Healing Handbooks, many of the Guidelines are quite different so it is important to read them all very carefully.

As previously mentioned, there is no requirement to inform Love Inspiration when you have sent the Tri-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 Tri-Ascension Healing that you send on the 1st 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 Tri-Ascension Healing energies and thank you, thank you, thank you! 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 Tri-Ascension Healing on the 1st of the month. Check through the Guidelines to see how many 7-day reductions you have earned. (See [Guideline #2](#) and [Guideline #7](#)). Congratulations!
- **Step 2:** Open your current Ascension Pathway ebook and check what practices and resting days you have coming up, from the 1st 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 # 1](#)) AND you are able to apply the 7-day reduction within the next calendar month ([Guideline #3](#)) (unless you are spending a banked reduction)].
- **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!

 **GUIDELINE # 1**

You may only reduce a resting period that is prescribed as 7 days or more. (This is the same Guideline as in the previous two Handbooks). The table below provides examples of which resting days can and cannot be reduced:



The Golden - White Light Pathway- Volume 2, The Dome Of Golden Light Chapter Three - The Fourteen Strands Of Nimmitron		
Days	Practice	7-Day Reduction Possible?
70 - 72	3 days rest	✗ Not possible to reduce (as it is less than 7 days)
73 - 75	13. BLIMMITRON Symbol Practice (3 days)	-
76 - 78	3 days rest	✗ Not possible to reduce (as it is less than 7 days)
79 - 81	14. EXOMMITRON Symbol Practice (3 days)	-
82 - 88	7 days rest	✓ Possible to reduce. Can reduce by 7 days from 7 days down to 0 days

 **GUIDELINE # 2**

For each Healing day (1st, 11th and/or 21st) that you send the energies on within the month, you are gifted a 7-day reduction or reductions as outlined below, which can be used to reduce a resting period on your Ascension Pathway journey. These reductions 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 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.

▶ If you send **ONE** Healing in any month (i.e on either the 1st, 11th or 21st) then you are gifted one 7-day reduction to reduce a resting period on your Ascension Pathway.

▶ If you send **TWO** Healings in any month (i.e. 11th & 21st of the month OR 21st & 1st of the month OR 1st & 11th of the month) then you are gifted two 7-day reductions to reduce resting period(s) on your Ascension Pathway. (These can be used as two 7-day reductions or one 14-day reduction).

\* Note that you are gifted double the amount of 7-day reductions (i.e. 4) if you send both of these Healings from a Maitri Centre and meet the criteria in [Guideline #7](#).

▶ If you send all **THREE** Healings in any month (i.e. 1st, 11th & 21st of the month) then you are gifted three 7-day reductions to reduce resting period(s) on your Ascension Pathway. (These can be used as three 7-day reductions, one 21-day reduction or one 14-day & one 7-day reduction).

\* Note that you are gifted double the amount of 7-day reductions (i.e. 6) if you send all three of these Healings from a Maitri Centre and meet the criteria in [Guideline #7](#).

### GUIDELINE # 3

Use any 7-day reduction as soon as possible after completing the Healing as it is only valid for the month, as outlined below. (Except if you are using a banked reduction, which can be used at any time).

▶ If you send **ONE** Healing in any month (i.e. on either the 1st, 11th or 21st) then the 7-day reduction is to be used within the month i.e:

- Healing sent on the 1st of the month (use from the 1st - the last day of the month)  
*This means that any 7-day reduction must be started on or after the 1st of the month AND on or before the last day of the month to be valid (except if you are using a banked reduction, which can be used at any time).*
- Healing sent on the 11th of the month (use from 11th - 10th of the next month)  
*This means that any 7-day reduction must be started on or after the 11th of the month AND on or before the 10th of the next month to be valid (except if you are using a banked reduction, which can be used at any time).*
- Healing sent on the 21st of the month (use from 21st - 20th of the next month)  
*This means that any 7-day reduction must be started on or after the 21st of the month AND on or before the 20th of the next month to be valid (except if you are using a banked reduction, which can be used at any time).*

▶ If you send **TWO** Healings in any month (i.e. 11th & 21st of the month OR 21st & 1st of the month OR 1st & 11th of the month) then the two 7-day reductions are to be used within the month starting from the latest Healing sent. ie.

- Healings sent on 11th & 21st of the month (use from 21st - 20th of the next month)
- Healings sent on 1st & 21st of the month (use from 21st - 20th of the next month)
- Healings sent on 1st & 11th of the month (use from 11th - 10th of the next month)

▶ If you send all **THREE** Healings in any month (i.e. 1st, 11th & 21st of the month) then the three 7-day reductions are to be used within the month starting from the latest Healing sent. ie.

- Healings sent on 1st, 11th & 21st of the month (use from 21st - 20th of the next month)

[Note: in [Guideline # 4](#) you will be told how to 'bank' any unused 7-day reductions, up to a maximum of nine in any calendar year; plus an additional nine if completed in a Maitri Centre as per [Guideline # 8](#)].

In order to ascertain whether you can use your 7-day reduction or reductions in each month period, 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. (This is the same process that you will have likely already done previously in the two previous Handbooks).



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### Two tabled examples of Guideline # 3 are given below:

▶ **EXAMPLE ONE:** In this example, let's assume that you sent out three Healings - on the 1st, 11th and 21st of March. The below table 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 below, because you have sent three healings, it is possible to use one, two or three 7-day reductions in that particular month, except where:*

- ▶ you are using banked reductions (more on this in [Guideline # 4](#)),
- ▶ you have accumulated double the amount of 7-day reductions by sending the healings in a Maitri Centre (more on this in [Guideline # 7](#)).

*Please note also that all of the the below examples 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?
<b>Chapter One</b>			
6 - 15	10 days rest	19th - 28th March	<p>✔ Possible to reduce. Can reduce by 7 days from 10 days down to 3 days, but the reduction can only be used from the 21st of the month, therefore:</p> <p>Complete 2 days of rest on the 19th-20th, then the 7-day reduction can be used (21st - 27th) as this is within the monthly timeframe. Then complete one final day of rest to make up the total 10 days.</p> <p>Your actual schedule, with the reduction included would therefore look like this:</p> <ul style="list-style-type: none"> <li>▶ 19th - 20th March = 2 days rest</li> <li>▶ (7-day reduction)</li> <li>▶ 21st March = 1 day rest</li> <li>▶ 22nd March = begin next set of practices (5 days of symbol practice)</li> </ul>
16 - 20	Symbol practice (5 days)	29th March - 2nd April	-
21 - 22	2 days rest	3rd - 4th April	✘ Not possible to reduce (as it is less than 7 days)
23	Invocation (1 day)	5th April	-
24 - 30	7 days rest	6th - 12th April	<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"> <li>▶ 5th April = Invocation</li> <li>▶ (7-day reduction)</li> <li>▶ 6th April = begin Chapter Two practices (on next page)</li> </ul>

## TRI-ASCENSION HEALING HANDBOOK

### FOR SENDING TRI-ASCENSION HEALING ON THE 1ST OF THE MONTH

#### Chapter Two

1 - 3	Symbol practice (3 days)	13th - 15th April	-
4 - 18	15 days rest	16th April - 30th April	<p>✔ Possible to reduce as 7-day reduction is started on or before the 20th of the next month. Can reduce from 15 days down to 8. (7 days = 16th - 22nd April) [Cannot reduce two reductions here as the second would go from the 23rd - 29th April, which does not start on or before the 20th <i>(unless you use a banked reduction which can be used at any time)</i>.</p> <p>Your actual schedule, with the reduction included would therefore look like this:</p> <ul style="list-style-type: none"> <li>▸ 13th - 15th April = symbol practice (the 3 days of symbol practice)</li> <li>▸ (7-day reduction)</li> <li>▸ 16th - 23rd April = remaining 8 days rest</li> <li>▸ 24th April = begin next set of practices</li> </ul> <p style="text-align: center;">*****</p> <p>Further examples: The following would apply if the 15 days rest fell on these dates:</p> <ul style="list-style-type: none"> <li>• 18th April - 1st May ✔ Possible to reduce (as started on or before the 20th)</li> <li>• 19th April - 2nd May ✔ Possible to reduce (as started on or before the 20th)</li> <li>• 20th April - 3rd May ✔ Possible to reduce (as started on or before the 20th)</li> <li>• 21st April - 4 May ✘ Not possible to reduce (as not started on or before the 20th, but may be able to reduce after completing next month's Healings)</li> </ul>

▶ **EXAMPLE TWO:** In this second example, let's assume that you sent out three Healings - completed on the 1st, 11th & 21st of 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. You can use the 7-day reduction from either:</p> <ul style="list-style-type: none"> <li>(i) 26th - 1st : completing 2 days rest afterwards, on the 2nd &amp; 3rd August</li> <li>(ii) 28th - 3rd : completing 2 days rest prior, on the 26th - 27th July</li> </ul> <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"> <li>(i) (7-day reduction) 26th - 27th July = 2 days rest 28th July = begin next set of practices</li> <li>(ii) 26th - 27th July = 2 days rest (7-day reduction) 28th July = begin next set of practices</li> </ul>

**GUIDELINE # 4**

If you send all three Healing energies in the month (i.e. 1st, 11th & 21st), you may **bank** (accumulate for later use) up to **nine** 7-day reductions for use reducing your Ascension Pathway resting periods within that calendar year (i.e. before the 1st January). These 7-day reductions can be used individually (in lots of 7 days) or grouped together to make a longer period (eg. 14, 21, 28, 35, 42, 49, 56 or 63 days).



- These 'banked' 7-day reductions can be used at any time throughout the calendar year (i.e. they do not need to fit into the month period as per [Guideline # 3](#)).
- Banked reductions can also be added onto the normal monthly reductions in a month (see [Guideline # 3](#), [Example One](#), [Chapter Two](#) of the table, days 4-18, *in blue italic font*).

For example, if there is a 12 week resting period at the end of the ebook you are working on, you may put your nine 7-day reductions towards this i.e. reducing the resting timeframe from 12 weeks to three weeks. Alternatively, if you only had four 7-day reductions banked, then you could use them to reduce the resting period from 12 weeks down to 8 weeks. (Ensuring on both occasions that the reductions were used before the 1st of January).

Note that any accumulated (banked) reductions that have not been used (spent) are instantly lost on the 1st January each year, therefore remember to use them!

When completing three Healings in a month, the best idea is to use your three 7-day reductions within that month (i.e. from 21st to 20th) and then any month that you cannot use the three reductions (because the resting periods don't fit into the 21st - 20th date range), then these ones you bank. We say this here because in [Guideline # 6](#), there is more information about what happens to your banked reductions if you miss out on sending Healing, and we want you to be able to benefit from your benevolent work in the highest possible way!

Also, whilst accounting for your reductions, we lovingly recommend that you record the dates of your accumulated reductions, so that you have a record of them, in order to ensure that you only accumulate a maximum of nine, and that they are used before the 1st of January each year. You may like to use the table in [Appendix One](#) for recording this information.

Again, note that the banked reductions must be used by the 1st January, otherwise they are lost. As an example, if you have nine 7-day reductions in the bank the table below shows examples of how to use them before the 1st of January:



Your dates that you are scheduled to do the practice	Practice	7-Day Reduction Possible?
Oct 10th - 30th January	16 weeks rest	<p>✔ Possible to reduce. Can reduce from 16 weeks down to 7 weeks</p> <p>9 weeks = Oct 10th - Dec 12th = completed by 1st January</p>
Dec 1st - 23rd February	12 weeks rest	<p>✔ Possible to reduce but can only use four of the nine banked 7-day reductions available.</p> <p>4 weeks = Dec 1st - 28th = completed by 1st January. (Cannot use part reductions). Last five banked reductions would then expire on 1st January.</p>

Once you have accumulated a total of nine reductions in the calendar year, any further reductions cannot be banked and are simply lost. Note that a total of nine reductions means only nine reductions can be banked within the year all up (not that if you spend some of your banked reductions you can bank more than nine).

**Yes:** banked, spent, banked, spent, banked, banked, banked, spent, spent, banked, spent, banked, spent, banked, banked

= total of nine completed for the year, cannot bank anymore 

**No:** banked, spent, banked, spent, banked, banked, banked, spent, spent, banked, spent, banked, spent, banked, spent, banked, spent, banked

= total of ten banked for the year 

See also [Guideline # 8](#) which entitles you to bank additional 7-day reductions when sending the Healings in a Maitri Centre.

## GUIDELINE # 5

**You are able to vary which energies you send each month, depending on how you feel at the time. For example in April you may choose to send the 11th of the month Ascension Healing energies, in May you may choose to send on both 11th & 21st, and in June, you may choose to send all three Healing energies. It is completely up to you. Simply remember to make a note of which energies you send and then allocate your 7-day reduction allowance accordingly.**

Remember however it is of course highly recommended at this level to send all three Healings each month if you can, and also that missing a Healing or Healings will affect your banked reductions as per [Guideline # 6](#).

## GUIDELINE # 6

**At this level of the Ascension Pathway, it is highly beneficial to send all three Healings every month. As such, the Guidelines for being able to bank reductions are tightened as outlined in sections (i) and (ii) on the next page.**

As you ascend on your Ascension Pathway journey, the merit earned for any meritorious act increases. However the higher you ascend, the more important it becomes to be vigilant in maintaining a high level of meritorious (virtuous) actions, as any unmeritorious actions carry a more weighty karmic demerit. In other words, the higher you ascend, the higher the 'bar' increases.

For example, at your current level, say a meritorious action earns you ten 'units of merit'. Perhaps when you started on the Ascension Pathway it only earned two. The same applies for demerits. Where a non-meritorious action may have only earned you two units of demerit in the past, it now earns you ten.



## TRI-ASCENSION HEALING HANDBOOK

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In this way, sending the three monthly Healings helps to earn you precious merits and also in this way, by missing one or two Healings in a month, the consequences are more weighty (than in the previous Di-Ascension Handbook). It is best to try to think of the bar-raising as being very positive, (rather than negative) because you are now ascending into higher and higher levels of light and purpose. Well done! 

Although missing one or two Healings in a month is not considered a non-meritorious action as such, the idea here is to encourage a very high level of 'best practice' where we maintain the intention of benefiting all beings through our actions & intentions as much as possible. At this level we are now being taught what best practice looks like and are being encouraged to maintain it!

Sections (i) and (ii) below outline the exact details for missing one or two Healings in a month.

**(i) As soon as you miss one Healing in any month (i.e. only 2 out of 3 are sent), then your bankable reductions are reduced from nine to six (the quota for sending two Healings in a month). Your double-merit bankable reductions (as per [Guideline # 7](#)) are also reduced from nine to six.**

Note that this affects the whole calendar year i.e. as soon as you miss one Healing at any time throughout the year, you may only bank six reductions for that year (you cannot regain the ability to bank nine until the next calendar year).

If at the time of missing one Healing you already have seven, eight or nine reductions banked, then those 1, 2 or 3 reductions over and above six are instantly lost (as you may only keep the six).

The same applies for any banked double-merit reductions obtained in a Maitri Centre (as per [Guideline # 7](#)). If at the time of missing one Healing you already have seven, eight or nine double-merit reductions banked, then those 1, 2 or 3 reductions over and above six are instantly lost as you may only keep the six.

**(ii) As soon as you miss two Healings in any one month (i.e. only 1 out of 3 is sent), ALL your bankable reductions are instantly lost and you may no longer bank reductions for that whole calendar year (i.e. until the 1st of January). Your double-merit bankable reductions earned whilst in a Maitri Centre are also instantly lost and you may no longer bank double-merit reductions for that whole calendar year.**

Any already banked reductions or double-merit reductions are instantly lost.

Note that this section (ii) only applies if you miss two Healings within one month (e.g. 1st and 11th of March) not two Healings in two separate months (eg. 1st April and 21st June) where section (i) above would apply.

\*Note that you may still earn and spend your normal monthly reductions that you are entitled to each month, it's just that you cannot bank any reductions. 

We understand that these new tightenings may seem somewhat harsh but please know that these guidelines are in place to help ensure that you continue to accelerate on your journey in the highest possible way. Having reached this highly elevated level of your Ascension journey, it is vital that you continue offering your love & light for the benefit of all beings and one of the best ways that you can do this is by sharing the Ascension Healing energies. The bar has now been raised and with love we invite you to step up for the benefit of all beings!

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### GUIDELINE # 7

It is extra meritorious to send the monthly Ascension Healing, Di-Ascension Healing and/or Tri-Ascension Healing whilst staying in a Maitri Centre, as outlined below:



- ▶ **If you are in a Maitri Centre at the time of sending ONE Healing in the month (i.e. on either the 1st, 11th or 21st), then your merits are doubled and you are entitled to TWO 7-day reductions in that month.**

In order for the merits to be doubled, you must have been inside the Maitri Centre for at least one week prior to sending the healing.

- ▶ **If you are in a Maitri Centre at the time of sending TWO Healings in the month (i.e. 11th & 21st of the month OR 21st & 1st of the month OR 1st & 11th of the month) then your merits are doubled and you are entitled to FOUR 7-day reductions in that month.**

In order for the merits to be doubled, you must have been staying in the Maitri Centre for at least the time between the two Healings. (i.e. at least from the 11th to the 21st, or from the 21st - 1st, or from the 1st - 11th of the month, depending on which two Healings you send.) \*\*\*

(If you leave the Centre briefly for a few hours or for an 'outside day' between the Healings, then this is ok. The main point here is that for example you do not come to the Centre on the 11th, send the Ascension Healing and then leave, returning on the 21st and then send the Di-Ascension Healing. I.e. You need to have been staying in the Centre for a significant period of time).

- ▶ **If you are in a Maitri Centre at the time of sending all THREE Healings (i.e. 1st, 11th & 21st of the month), then your merits are doubled and you are entitled to SIX 7-day reductions in that month.**

In order for the merits to be doubled, you must have been staying in the Maitri Centre for the time between all three of the Healings. \*\*\*

(If you leave the Centre briefly for a few hours or for an 'outside day' between the Healings, then this is ok. The main point here is that you do not come to the Centre on the 1st, send the Tri-Ascension Healing and then leave, returning on the 11th, send the Ascension Healing and then leave, returning on the 21st and then send the Di-Ascension Healing. I.e. You need to have been staying in the Centre for a significant period of time, in this case the whole month).



\*\*\* Remember that reductions cannot be used if you are fast-tracking an ebook in a Maitri Centre (as the timeframe for fast-tracked ebooks is already significantly reduced), but having completed either two or three Healings in the month, you can accumulate (bank) the four or six of them (to then apply to ebooks that you might be completing after your stay has finished).

## GUIDELINE # 8

When sending all three Healings each month, in any one calendar year (1st January - 31st December) you may bank your nine **normal** 7-day reductions (ones earned normally as per [Guideline # 4](#) whilst not in a Maitri Centre) PLUS nine additional **double-merit** 7-day reductions for those earned in a Maitri Centre. A summary of bankable reductions is now given below, which are adjusted for the conditions set out in [Guideline # 6](#): 

- ▶ **If you send ONE Healing in any month (i.e. on either the 1st, 11th or 21st):**
  - No reductions are able to be banked, as per [Guideline # 6](#). (This is because you have missed sending two Healings in the month).
- ▶ **If you send TWO Healings in any month (i.e. 11th & 21st of the month OR 21st & 1st of the month OR 1st & 11th of the month):**
  - You can bank six normal 7-day reductions (ones earned normally, whilst not in a Maitri Centre) PLUS six additional double-merit 7-day reductions (ones earned whilst in a Maitri Centre), as per [Guideline # 6](#).
- ▶ **If you send all THREE Healings, in all months (i.e. 1st, 11th & 21st of the month):**
  - You can bank nine normal 7-day reductions (ones earned normally, whilst not in a Maitri Centre) PLUS nine additional double-merit 7-day reductions (ones earned whilst in a Maitri Centre), as per [Guideline # 6](#).

### Examples:

- If you send Ascension Healing & Di-Ascension Healing on the 11th and 21st of the month whilst inside a Maitri Centre, (having been there for the time between the Healings), then you will receive four 7-day reductions for that month, which you can bank. This would count as 4 out of your 6 double-merit reductions that you can accumulate/bank for the year.
- If you send all three Healings in a month, whilst inside a Maitri Centre, (having been there for the time between the Healings), then you will receive six 7-day reductions for that month, which you can bank. This would count as 6 out of your 9 double-merit reductions that you can accumulate/bank for the year.

In order to help you keep a tally of the number of 7-day reductions (normal & double merit) that you have earned, and also how many you have used, banked and spent, you will find an example of a yearly table on the following page. This example is almost identical to the one given in the previous Di-Ascension Healing Handbook, except it now allows for someone to send all three Healings each month. The aim of this example table is to help to give further understanding about banking reductions and keeping a running total of both 'normal' and 'double-merit' 7-day reductions throughout the year. (These are separated because you are allowed to bank a maximum of nine each, provided that you continue to send all three Healings each month).

The table encompasses Healings sent along with the reductions earned, used, banked and spent. (The term 'used' here refers to any reductions earned and used within that same month, whereas the term 'spent' refers to those *banked* reductions that are used). Note also that the table provides examples of what happens when you miss one or two Healings in a month, thus affecting your banked reductions (as per [Guideline # 6](#)).

If you would like to keep a similar table as a record for the year, there is a blank copy of the table in [Appendix One](#), which you can print out and fill in as you go each month. 

# TRI-ASCENSION HEALING HANDBOOK

## FOR SENDING TRI-ASCENSION HEALING ON THE 1ST OF THE MONTH

Month	Healings Sent <i>(Tick <input checked="" type="checkbox"/> appropriate box or boxes)</i>	Reductions Earned, Used, Banked & Spent					
		Earned <i>(in that month)</i>	Used <i>(in that month)</i>	Banked <i>(Reductions banked in that month)</i>	Spent <i>(Banked reductions spent in that month)</i>	Running Total in the 'Bank' of (normal) Reductions <small>*Annual Allowance is 9</small>	Running Total in the 'Bank' of (double-merit) Reductions <small>*Annual Allowance is 9</small>
January	In Maitri Centre? <input checked="" type="checkbox"/> 1st <input type="checkbox"/> <input checked="" type="checkbox"/> 11th <input type="checkbox"/> <input checked="" type="checkbox"/> 21st <input type="checkbox"/>	3 earned	2 used	1 banked (1/9 banked)	0 spent	1 in the bank	-
		0 earned	0 used	0 banked (0/9 banked)	0 spent	-	0 in the bank
February	In Maitri Centre? <input checked="" type="checkbox"/> 1st <input type="checkbox"/> <input checked="" type="checkbox"/> 11th <input type="checkbox"/> <input checked="" type="checkbox"/> 21st <input type="checkbox"/>	3 earned	1 used	2 banked (3/9 banked)	0 spent	3 in the bank	-
		0 earned	0 used	0 banked (0/9 banked)	0 spent	-	0 in the bank
March	In Maitri Centre? <input type="checkbox"/> 1st <input type="checkbox"/> <input checked="" type="checkbox"/> 11th <input type="checkbox"/> <input checked="" type="checkbox"/> 21st <input type="checkbox"/>	2 earned	1 used	1 banked (4/6 banked) <small>(By missing one healing this month, normal &amp; double-merit yearly bankable reductions are now reduced from nine to six)</small>	0 spent	4 in the bank	-
		0 earned	0 used	0 banked (0/6 banked)	0 spent	-	0 in the bank
April	In Maitri Centre? <input checked="" type="checkbox"/> 1st <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> 11th <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> 21st <input checked="" type="checkbox"/>	3 earned	0 used	2 banked (6/6 banked) <small>(Only 2 can be banked because the yearly maximum of 6 is now reached)</small>	0 spent	6 in the bank	-
		3 earned	0 used	3 banked (3/6 banked)	0 spent	-	3 in the bank
May	In Maitri Centre? <input checked="" type="checkbox"/> 1st <input type="checkbox"/> <input checked="" type="checkbox"/> 11th <input type="checkbox"/> <input checked="" type="checkbox"/> 21st <input type="checkbox"/>	3 earned	3 used	0 banked (6/6 banked)	1 spent	5 in the bank	-
		0 earned	0 used	0 banked (3/6 banked)	0 spent	-	3 in the bank
June	In Maitri Centre? <input checked="" type="checkbox"/> 1st <input type="checkbox"/> <input type="checkbox"/> 11th <input type="checkbox"/> <input checked="" type="checkbox"/> 21st <input type="checkbox"/>	2 earned	1 used	0 banked (6/6 banked) <small>(By missing one healing this month, there is no change to banked reductions because they have already been reduced from 9 to 6 in March)</small>	0 spent	5 in the bank	-
		0 earned	0 used	0 banked (3/6 banked)	0 spent	-	3 in the bank
July	In Maitri Centre? <input checked="" type="checkbox"/> 1st <input type="checkbox"/> <input checked="" type="checkbox"/> 11th <input type="checkbox"/> <input checked="" type="checkbox"/> 21st <input type="checkbox"/>	3 earned	3 used	0 banked (6/6 banked)	1 spent	4 in the bank	-
		0 earned	0 used	0 banked (3/6 banked)	0 spent	-	3 in the bank
August	In Maitri Centre? <input checked="" type="checkbox"/> 1st <input type="checkbox"/> <input checked="" type="checkbox"/> 11th <input type="checkbox"/> <input checked="" type="checkbox"/> 21st <input type="checkbox"/>	3 earned	2 used	0 banked (6/6 banked)	0 spent	4 in the bank	-
		0 earned	0 used	0 banked (3/6 banked)	0 spent	-	3 in the bank
September	In Maitri Centre? <input type="checkbox"/> 1st <input type="checkbox"/> <input checked="" type="checkbox"/> 11th <input type="checkbox"/> <input type="checkbox"/> 21st <input type="checkbox"/>	1 earned	1 used	0 banked (0/0 banked) <small>(By missing two healings in the month, normal &amp; double-merit yearly bankable reductions are now instantly lost and you cannot bank any more for the year)</small>	0 spent	0 in the bank	-
		0 earned	0 used	0 banked (0/0 banked)	0 spent	-	0 in the bank
October	In Maitri Centre? <input checked="" type="checkbox"/> 1st <input type="checkbox"/> <input checked="" type="checkbox"/> 11th <input type="checkbox"/> <input checked="" type="checkbox"/> 21st <input type="checkbox"/>	3 earned	3 used	0 banked (0/0 banked)	0 spent	0 in the bank	-
		0 earned	0 used	0 banked (0/0 banked)	0 spent	-	0 in the bank
November	In Maitri Centre? <input checked="" type="checkbox"/> 1st <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> 11th <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> 21st <input checked="" type="checkbox"/>	3 earned	2 used (This time in the Maitri Centre was not fast-tracking an ebook)	0 banked (0/0 banked)	0 spent	0 in the bank	-
		3 earned	0 used	0 banked (0/0 banked)	0 spent	-	0 in the bank
December	In Maitri Centre? <input checked="" type="checkbox"/> 1st <input type="checkbox"/> <input checked="" type="checkbox"/> 11th <input type="checkbox"/> <input checked="" type="checkbox"/> 21st <input type="checkbox"/>	3 earned	2 used	0 banked (0/0 banked)	0 spent	0 in the bank	-
		0 earned	0 used	0 banked (0/0 banked)	0 spent	-	0 in the bank

During this year, the yearly quota of banked (normal) reductions (9) and double-merit reductions (9) were not reached, because one healing was missed in March, reducing the yearly quota from nine to six. Missing two healings in September meant that all banked reductions were instantly lost and that no more could be banked for the rest of the year.

#### 🌱 GUIDELINE # 9

**At the time of applying any 7-day reduction (or double-merit 7-day reductions as per [Guideline # 7](#)), 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).

Note however that you may bank any earned reductions that you cannot use because of the fast-tracking, if the Guidelines for banking are met.

\* For more information on fast-tracking, please [view the A.E.I. Retreat webpage here](#).

#### 🌱 GUIDELINE # 10

**Higher Consciousness is lovingly trusting you to manage the process of sending Ascension Healing / Di-Ascension Healing / Tri-Ascension Healing as well as the process of applying any earned 7-day reductions. It is therefore up to you to keep a diligent track of your Ascension / Di-Ascension / Tri-Ascension Healings sent and any corresponding 7-day reductions earned, applying them honestly and carefully each month.** We recommend using the table in [Appendix One](#) (or something similar) to keep a track of your Healings sent and the reductions earned, used, banked & spent.

Please note that there is no requirement to inform Love Inspiration when you send the Ascension, Di-Ascension or Tri-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 might be quite complex as you start out 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 very possible (and even likely) that people will 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!



## TRI-ASCENSION HEALING HANDBOOK

### FOR SENDING TRI-ASCENSION HEALING ON THE 1ST OF THE MONTH

#### 5. SUMMARY TABLE OF REDUCTIONS FOR COMPLETING ASCENSION AND/OR DI-ASCENSION AND/OR TRI-ASCENSION HEALINGS:

The below table offers a 'quick glance' summary of information about the 7-day reductions that can be earned and banked, however for detailed information please always refer to the Guidelines in Section 4.

Sending <b>ONE</b> Healing in the month (i.e. either on the 11th, 21st or 1st of the month)	Sending <b>TWO</b> Healings in the month (i.e. 11th & 21st of the month OR 21st & 1st of the month OR 1st & 11th of the month)	Sending <b>all THREE</b> Healings in the month (i.e. 1st & 11th & 21st of the month)
Receive <b>one 7-day reduction</b> .	Receive <b>two 7-day reductions</b> (can be used as two 7-day reductions or one 14-day reduction).	Receive <b>three 7-day reductions</b> (can be used as three 7-day reductions, a 14 day & 7-day reduction or one 21-day reduction).
Can only be used on resting periods of 7 days or more.	Can only be used on resting periods of 7 days or more.	Can only be used on resting periods of 7 days or more.
Must use within that month (i.e. 11th - 10th, 21st - 20th or 1st - last day of month).	Can use within that month OR <b>Bank (for later use) up to six 7-day reductions</b> , to be used before the 1st of January.	Can use within that month OR <b>Bank (for later use) up to nine 7-day reductions</b> , to be used before the 1st of January.
Cannot bank reductions (accumulate them for later use).		
Can send the Healing energies on any or all months (no need to be consistent every month), but better to try to send every month.	Can send both the Healing energies on any or all months, however in order to be able to bank reductions you must send the energies <b>TWICE EVERY</b> month (any two Healings). (If you miss a single healing then all banked reductions are instantly lost, however after this you may re-continue to bank reductions again).	Can send any or all of the three Healings each month however by missing one Healing in any one month this reduces your yearly bankable reductions (normal & double-merit) from nine to six. And missing two Healings in a month means that all banked reductions (normal & double-merit) are instantly lost along with the ability to bank reductions for the rest of that year.
If you are in a Maitri Centre at the time of sending the monthly Healing, then your merits are doubled and you are entitled to <b>TWO</b> 7-day reductions in that month.	If you are in a Maitri Centre at the time of sending both the Healings (plus all the time inbetween the Healings), then your merits are doubled and you are entitled to <b>FOUR</b> 7-day reductions in that month.	If you are in a Maitri Centre at the time of sending all three Healings (plus all the time inbetween the three Healings), then your merits are doubled and you are entitled to <b>SIX</b> 7-day reductions in that month.
Cannot bank any reductions, including double-merit reductions (those received whilst in a Maitri Centre).	<b>Can bank (for later use) up to SIX 7-day double-merit reductions</b> (those received whilst in a Maitri Centre) <u>in addition</u> to the normal six 7-day reductions.	<b>Can bank (for later use) up to NINE 7-day double-merit reductions</b> (those received whilst in a Maitri Centre) <u>in addition</u> to the normal nine 7-day reductions.
Cannot use reductions whilst fast-tracking an ebook in a Maitri Centre.	Cannot use reductions whilst fast-tracking an ebook in a Maitri Centre (however you may bank any earned reductions if the banking guidelines are met).	Cannot use reductions whilst fast-tracking an ebook in a Maitri Centre (however you may bank any earned reductions if the banking guidelines are met).

## 6. FINAL COMMENTS:

Congratulations! We are truly honoured, humbled and delighted to know that you have completed your Love Inspiration Tri-Ascension Healing training and now the training for sending all three sets of monthly Ascension Healing energies! A huge well done and heartfelt thankyou!

Now that you have completed your training, we do lovingly recommend that you send out the Ascension Healing / Di-Ascension Healing / Tri-Ascension Healing energies as often as you are able to!

Sending out these divine energies not only helps 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. Beautiful!

Having progressed so well on your Ascension Pathway journey, we hope that these three sets of Ascension Healing opportunities each month will help you to give back to others in a way that enables you to grow, evolve & blossom on your own journey. This opportunity is truly a very precious one!

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

And it seems that it is for this reason why the guidelines are trying to encourage each person to connect and send these energies out as regularly and as consistently as possible. Having reached this level on your Ascension Pathway journey, you have now likely signed up for all three sets of the available Ascension Healing energies and are also able to send all three sets of energies as well. This is truly an extraordinary achievement and one that we are so grateful that you have chosen to do!

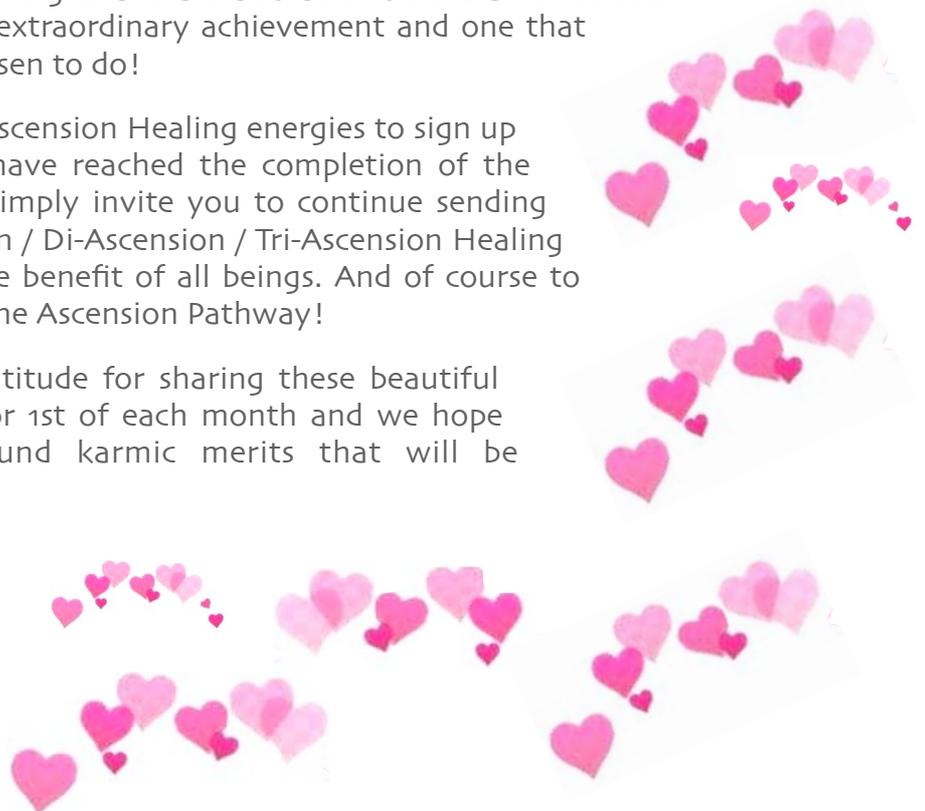
From here, there are now no more Ascension Healing energies to sign up for or to learn how to send. You have reached the completion of the Ascension Healing system and we simply invite you to continue sending any or all of these precious Ascension / Di-Ascension / Tri-Ascension Healing energies as often as you can, for the benefit of all beings. And of course to help yourself to accelerate through the Ascension Pathway!

As always, we offer our sincere gratitude for sharing these beautiful energies on the the 11th, 21st and/or 1st of each month and we hope that you enjoy the truly profound karmic merits that will be accumulated as a result!

Thankyou, thankyou, thankyou!

*With love inspired blessings,*

**LOVE INSPIRATION &  
MAITRI FOUNDATION**



*Welcome to the*



Appendices



*Love Inspiration*

*Learn • Heal • Awaken*

## APPENDIX ONE

### YEARLY TABLE FOR RECORDING HEALINGS & REDUCTIONS

#### YEARLY TABLE FOR RECORDING HEALINGS & REDUCTIONS:

On the following page please find a blank table for you to print out and fill in each month as you send Ascension Healing / Di-Ascension Healing / Tri-Ascension Healing. This table is not compulsory to use, but merely a helpful suggested tool. If you would like to manually record the information in another way then you are most welcome to - whatever works best for you.

Note that the top line in each month (in pink font) is for 'normal' 7-day reductions i.e. those not earned in a Maitri Centre. And the second line (in blue font) is for double-merit 7-day reductions i.e. those earned whilst in a Maitri Centre.

Thankyou again in advance for your help in sharing these beautiful Ascension, Di-Ascension & Tri-Ascension Healing energies!



# TRI-ASCENSION HEALING HANDBOOK

## FOR SENDING TRI-ASCENSION HEALING ON THE 1ST OF THE MONTH

Month	Healings Sent (Tick <input checked="" type="checkbox"/> appropriate box or boxes)	Reductions Earned, Used, Banked & Spent (Fill in the number in each box e.g. <input type="text" value="X"/> )						Comments
		Earned <i>(in that month)</i>	Used <i>(in that month)</i>	Banked <i>(Reductions banked in that month)</i>	Spent <i>(Banked reductions spent in that month)</i>	Running Total in the 'Bank' of (normal) Reductions <small>*Annual Allowance is 9</small>	Running Total in the 'Bank' of (double-merit) Reductions <small>*Annual Allowance is 9</small>	
January	In Maitri Centre?	<input type="checkbox"/> earned	<input type="checkbox"/> used	<input type="checkbox"/> banked	<input type="checkbox"/> spent	<input type="checkbox"/> in the bank	-	
	<input type="checkbox"/> 1st <input type="checkbox"/> <input type="checkbox"/> 11th <input type="checkbox"/> <input type="checkbox"/> 21st <input type="checkbox"/>	<input type="checkbox"/> earned	<input type="checkbox"/> used	<input type="checkbox"/> banked	<input type="checkbox"/> spent	-	<input type="checkbox"/> in the bank	
February	In Maitri Centre?	<input type="checkbox"/> earned	<input type="checkbox"/> used	<input type="checkbox"/> banked	<input type="checkbox"/> spent	<input type="checkbox"/> in the bank	-	
	<input type="checkbox"/> 1st <input type="checkbox"/> <input type="checkbox"/> 11th <input type="checkbox"/> <input type="checkbox"/> 21st <input type="checkbox"/>	<input type="checkbox"/> earned	<input type="checkbox"/> used	<input type="checkbox"/> banked	<input type="checkbox"/> spent	-	<input type="checkbox"/> in the bank	
March	In Maitri Centre?	<input type="checkbox"/> earned	<input type="checkbox"/> used	<input type="checkbox"/> banked	<input type="checkbox"/> spent	<input type="checkbox"/> in the bank	-	
	<input type="checkbox"/> 1st <input type="checkbox"/> <input type="checkbox"/> 11th <input type="checkbox"/> <input type="checkbox"/> 21st <input type="checkbox"/>	<input type="checkbox"/> earned	<input type="checkbox"/> used	<input type="checkbox"/> banked	<input type="checkbox"/> spent	-	<input type="checkbox"/> in the bank	
April	In Maitri Centre?	<input type="checkbox"/> earned	<input type="checkbox"/> used	<input type="checkbox"/> banked	<input type="checkbox"/> spent	<input type="checkbox"/> in the bank	-	
	<input type="checkbox"/> 1st <input type="checkbox"/> <input type="checkbox"/> 11th <input type="checkbox"/> <input type="checkbox"/> 21st <input type="checkbox"/>	<input type="checkbox"/> earned	<input type="checkbox"/> used	<input type="checkbox"/> banked	<input type="checkbox"/> spent	-	<input type="checkbox"/> in the bank	
May	In Maitri Centre?	<input type="checkbox"/> earned	<input type="checkbox"/> used	<input type="checkbox"/> banked	<input type="checkbox"/> spent	<input type="checkbox"/> in the bank	-	
	<input type="checkbox"/> 1st <input type="checkbox"/> <input type="checkbox"/> 11th <input type="checkbox"/> <input type="checkbox"/> 21st <input type="checkbox"/>	<input type="checkbox"/> earned	<input type="checkbox"/> used	<input type="checkbox"/> banked	<input type="checkbox"/> spent	-	<input type="checkbox"/> in the bank	
June	In Maitri Centre?	<input type="checkbox"/> earned	<input type="checkbox"/> used	<input type="checkbox"/> banked	<input type="checkbox"/> spent	<input type="checkbox"/> in the bank	-	
	<input type="checkbox"/> 1st <input type="checkbox"/> <input type="checkbox"/> 11th <input type="checkbox"/> <input type="checkbox"/> 21st <input type="checkbox"/>	<input type="checkbox"/> earned	<input type="checkbox"/> used	<input type="checkbox"/> banked	<input type="checkbox"/> spent	-	<input type="checkbox"/> in the bank	
July	In Maitri Centre?	<input type="checkbox"/> earned	<input type="checkbox"/> used	<input type="checkbox"/> banked	<input type="checkbox"/> spent	<input type="checkbox"/> in the bank	-	
	<input type="checkbox"/> 1st <input type="checkbox"/> <input type="checkbox"/> 11th <input type="checkbox"/> <input type="checkbox"/> 21st <input type="checkbox"/>	<input type="checkbox"/> earned	<input type="checkbox"/> used	<input type="checkbox"/> banked	<input type="checkbox"/> spent	-	<input type="checkbox"/> in the bank	
August	In Maitri Centre?	<input type="checkbox"/> earned	<input type="checkbox"/> used	<input type="checkbox"/> banked	<input type="checkbox"/> spent	<input type="checkbox"/> in the bank	-	
	<input type="checkbox"/> 1st <input type="checkbox"/> <input type="checkbox"/> 11th <input type="checkbox"/> <input type="checkbox"/> 21st <input type="checkbox"/>	<input type="checkbox"/> earned	<input type="checkbox"/> used	<input type="checkbox"/> banked	<input type="checkbox"/> spent	-	<input type="checkbox"/> in the bank	
September	In Maitri Centre?	<input type="checkbox"/> earned	<input type="checkbox"/> used	<input type="checkbox"/> banked	<input type="checkbox"/> spent	<input type="checkbox"/> in the bank	-	
	<input type="checkbox"/> 1st <input type="checkbox"/> <input type="checkbox"/> 11th <input type="checkbox"/> <input type="checkbox"/> 21st <input type="checkbox"/>	<input type="checkbox"/> earned	<input type="checkbox"/> used	<input type="checkbox"/> banked	<input type="checkbox"/> spent	-	<input type="checkbox"/> in the bank	
October	In Maitri Centre?	<input type="checkbox"/> earned	<input type="checkbox"/> used	<input type="checkbox"/> banked	<input type="checkbox"/> spent	<input type="checkbox"/> in the bank	-	
	<input type="checkbox"/> 1st <input type="checkbox"/> <input type="checkbox"/> 11th <input type="checkbox"/> <input type="checkbox"/> 21st <input type="checkbox"/>	<input type="checkbox"/> earned	<input type="checkbox"/> used	<input type="checkbox"/> banked	<input type="checkbox"/> spent	-	<input type="checkbox"/> in the bank	
November	In Maitri Centre?	<input type="checkbox"/> earned	<input type="checkbox"/> used	<input type="checkbox"/> banked	<input type="checkbox"/> spent	<input type="checkbox"/> in the bank	-	
	<input type="checkbox"/> 1st <input type="checkbox"/> <input type="checkbox"/> 11th <input type="checkbox"/> <input type="checkbox"/> 21st <input type="checkbox"/>	<input type="checkbox"/> earned	<input type="checkbox"/> used	<input type="checkbox"/> banked	<input type="checkbox"/> spent	-	<input type="checkbox"/> in the bank	
December	In Maitri Centre?	<input type="checkbox"/> earned	<input type="checkbox"/> used	<input type="checkbox"/> banked	<input type="checkbox"/> spent	<input type="checkbox"/> in the bank	-	
	<input type="checkbox"/> 1st <input type="checkbox"/> <input type="checkbox"/> 11th <input type="checkbox"/> <input type="checkbox"/> 21st <input type="checkbox"/>	<input type="checkbox"/> earned	<input type="checkbox"/> used	<input type="checkbox"/> banked	<input type="checkbox"/> spent	-	<input type="checkbox"/> in the bank	

**MAY ALL MERIT ACCUMULATED FROM SENDING THE MONTHLY  
ASCENSION / DI-ASCENSION / TRI-ASCENSION HEALING  
ENERGIES BE USED FOR THE BENEFIT OF ALL**  
May all beings attain Mukti - Moksha (Freedom & Liberation)