



*Ascent Back  
to God*

Wisdom Teachings for the Journey

By *Nancy Showalter*

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*To the great teachers of both  
East and West who have selflessly served  
to show us the way back home.*

## Perspective

*Millions of spiritual creatures walk the earth unseen, both when we wake and when we sleep.*

*~John Milton, Paradise Lost*

Life can be viewed from a physical perspective where we record events, from a psychological perspective where we place meanings on those events, or from a spiritual perspective where we dare to look beyond our human viewpoints.

In this book we will look at life and its meaning through the eyes of spiritual beings that once walked on earth as we do but have completed their earthly sojourn and reunited with God. They have reached back to help us achieve that same reunion and to once again create “thy kingdom come on earth as it is in heaven.”

Just as each of us is unique and different,

expressing a variety of qualities and personalities, some excelling intellectually and some creatively, it is but a reflection of the spiritual realms from which we came. As each nation, race, tribe, family or individual has a divine purpose, this, too, is merely a reflection of the organization and diversity of the heavenly realms.

The wisdom teachings brought forth in the last several centuries that are now commonly referred to as the teachings of the ascended masters, are not new. Rather, they are the outer revelation of the Truth that has been known throughout the ages by prophets, mystics and saints, as well as by ordinary individuals.

In some ways these teachings stand in stark contrast with much of modern-day thinking. Yet, in other ways, they ring true in the hearts of many and confirm what the soul already knows and experiences, but cannot always express or recognize until it is placed before it.

## Your Divine Origin

*Our birth is but a sleep and a forgetting;  
The soul that rises with us, our life's star,  
Hath had elsewhere its setting,  
And cometh from afar;  
Not in entire forgetfulness,  
And not in utter nakedness,  
But trailing clouds of glory do we come  
From God, who is our home."*

*-William Wordsworth (1770-1850)*

Created in the image and likeness of God, you are of the One pure, crystal, light energy of the Source from which all things come. And, it is to this Source that you are destined to return.

*"In the beginning was the Word, and the Word was with God, and the Word was God." John 1:1*

The Word, I AM, is spoken, the One individualizes itself, and a unique manifestation, or Presence comes into being. This

I AM Presence is the fullness of your identity. Created in the divine image as both male and female, you are endowed with free will, and the Power, Wisdom and Love of the Creator.

Your Soul descends from the spiritual realms into the material world, never losing its connection to its Source. It is sustained by the continual flow of light from the I AM Presence, choosing moment by moment how it will use that energy in the material world.

Your purpose on earth is to develop and externalize your unique divine qualities in a physical world where the One is diversified and appears as many. Your journey in the physical world can last through many cycles, but ultimately your goal is to realize I AM that I AM—I AM in matter as I AM in spirit.

*Journey from self to Self and find the mine of gold. -Rumi*



Your purpose is fulfilled when you complete your growth cycle in the material world and permanently reunite with your God-Presence. You then become a God-free being, “fired” as an individualized identity and made permanent in God.

This final reunion with your I AM Presence is a spiritual initiation referred to as Ascension, although the Ascension process actually takes place moment by moment as you make enlightened choices that fulfill your reason for being and move you closer to your Divine Self. Once ascended, you are freed from your birth cycle in the physical world and continue your growth and service in the spiritual realms.

*One way to think about our goal in life is that our entire reason for being born into these physical bodies is to access the light of the Spirit, to draw it down into every cell and atom of these minds, emotions, and bodies that we wear until they become light. When that takes place—when what below is above—there is no longer any difference between us and our divine reality.*

*—Elizabeth Clare Prophet*

## Contacting the Divine

*"Neither shall they say, Lo here! or, lo there! for, behold, the kingdom of God is within you."*  
—Jesus Christ

*"He who knoweth his own self, knoweth God."*  
—Mohammad

*"The way is not in the sky. The way is in the heart."*  
—Gautama Buddha

Your heart is the sacred place where the world of material existence and the world of spiritual being meet and integrate. It is here that you can experience the Divine, and where the words "I AM" best describe that place of inner peace and equilibrium.

It is the source of the still, small voice that guides you ever so judiciously through life's journeys. Your heart is also where divine alchemy takes place—where

you turn the lead of human thinking and feeling into the gold of divine thought and presence.

*God dwells in the hearts of all beings, beloved, your God dwells in your heart and his power of wonder moves all things...whirling them onwards on the stream of time...*

*I have given you words of vision and wisdom more secret than hidden mysteries. Ponder them in the silence of your heart, and then, in freedom, do your will.*

*-The Bhagavad Gita*

Much scientific research on the heart in recent years has established its intelligence, and recognizes it as a source of intuition and perception. And, there are many techniques, both ancient and modern, to help you access your heart intelligence and your I AM Presence.

Entering your heart space may be familiar to you if you practice meditation. But while meditation assists in the process and may give you a deeper experience, it is by no

means a requirement. You can enter your heart space at any moment and in any place, and remain there indefinitely. It is a matter of moving your awareness into that sacred space, which only requires the choice to make a shift in consciousness.

The more you practice, the easier it becomes until you are more in your heart space than not. At first you may wish to be in a quiet place alone to meditate and practice. Once you become more experienced, you will be able to enter your heart space at will. Or, you may never leave it.

*Exercise: Take a deep breath, hold it for a few seconds, and then exhale. Feel your body relax and let go of all thoughts and feelings other than moving into your heart space. Then visualize a drop of water falling from your head to your heart. As it falls, feel yourself falling with it, letting go of all thoughts and tensions. As it gently hits the*

*still pool of water in your heart, see and feel the ripples of peace flowing out.*

*Recall a time in your life when you had an exceptionally happy and positive experience. Recreate those feelings with the same intensity as the original experience, and feel those feelings of love, peace and joy flowing from your heart, blessing all of life.*

*It is from this place that you are ready to “ask and you shall receive.” Pose any question that has been on your mind and allow the answer to surface in your awareness. Notice how it feels to be in your heart space and then practice “dropping” into your heart and remaining there throughout the day. Repeat the practice periodically until you are spending more time in your heart space than not.*

## The Game of Life

*Most people consider life a battle, but it is not a battle, it is a game. Jesus Christ taught that it was a great game of giving and receiving.*

*–Florence Scovel Shinn*

In order to be successful at any game, you have to know how to play, what the rules are, and the desired outcome. In the game of life, one important rule is giving and receiving; i.e., cause and effect. This rule guides us in the use of free will.

*Whatsoever a man soweth, that shall he also reap.*

*-Galatians (6:7)*

*For verily I say unto you, Till heaven and earth pass, one jot or one tittle shall in no wise pass from the law, till all be fulfilled. - Matthew (5:18)*

*Every action has a reaction equal in magnitude and opposite in direction.*

*-Newton's Law of Motion*

*According to the seed that's sown,  
So is the fruit you reap there from,  
Doer of good will gather good,  
Doer of evil, evil reaps,  
Down is the seed and thou shalt taste  
The fruit thereof.  
-The Samyutta Nikaya, Buddhist Scripture*

This rule in the game of life is simple. If you give love, love returns to you. If you harm life, harm returns to you. If you judge, you will be judged. If you forgive, you will be forgiven.

While the rule is simple, its application is not always so apparent. Effects of the causes we set in motion are not necessarily instant. It may take a lifetime or numerous lifetimes before the effects of our actions circle back to us. But this is also the mercy of the law. It gives us additional time to grow and mature spiritually so that we are better able to handle the return effects of some of our unenlightened choices. It also gives us an opportunity to balance some of our debts to life through service to others, even specific individuals we may have

harmed, and to reap the benefits of our previous constructive choices.

At other times the return can seem almost instant. It can be as simple as helping a neighbor in need and then later a different neighbor helps you when you lose your job. Or, it may be that you are not careful, and as a result, you fall and sustain a serious injury.

Whether we are aware of it or not, the game of life goes on continuously every moment of our lives. Our thoughts, feelings, actions and words are all creations that define our world and send forth degrees of constructive or destructive energies.

As trite as it may sound, *Love is the key*. Be Love, and give Love, in the face of whatever life brings you, and you will win in the game of life.



## Your Creative Power

*And God said, Let us make man in our image, after our likeness; and let them have dominion over the fish of the sea, and over the fowl of the air, and over the cattle, and over all the earth, and over every creeping thing that creepeth upon the earth.*

*-Genesis 1:26*

From a scientific perspective, everything in our physical universe is a manifestation of energy. And, energy is subject to the law of conservation, which means that it can neither be created nor destroyed; it can only be transformed.

Your Soul is connected to your Source by a flow of energy that comes to you as a pure, crystal light. It is what keeps your physical body alive, and it is what you use to think, feel, speak and remember. Everything you do at all levels of your being uses this energy. *How* you choose to use it is an exercise of your free will, and determines

the causes you set in motion that will one day return to you.

As long as you use this energy in a constructive way, it continues to flow and constructive energy returns to you. When you misuse it—whether it be through fear, anger, depression, hatred, or any other negative thought, feeling, or action—negative causes are set into motion. This energy also becomes dense and lodges in your matter bodies—physical, mental, emotional, and memory—and no longer rises to flow back to spirit. Traumatic experiences can also trap energy as memories that ultimately will need to be transmuted and freed to flow freely once again.

*For by thy words thou shalt be justified,  
and by thy words thou shalt be condemned.  
—Matthew 12:37*

Your speech is a powerful creative force in your life every day. Your words are commands to your superconscious and subconscious to create the conditions that

you speak. For instance, when you use the words “I AM,” you are calling for your Divine Presence within you to create whatever condition you speak following those words. So when you say, “I am sick,” you are literally affirming that condition and adding energy to whatever limiting condition you may be feeling at the time.

This, of course, does not mean that you deny or ignore a condition in your body. Rather, it means that you refrain from adding your creative power to a limiting condition while you take the appropriate action to care for your body. It also helps to speak the condition in your body that you desire.

As an example, if you have a headache, you could speak these words while you massage your head and neck: “My head and neck are completely relaxed and have released all tension.”

Whatever condition in your life or in your environment that you would like to change, you may speak the words that will create

the desired condition. With your affirmation, you must then open your consciousness—your heart and your mind—to receive that which you are calling forth.

If you subconsciously do not feel worthy to receive, or if you do not believe it is possible, then it is likely that you will not receive what you speak. You are the creative force, the alchemist, of your life. And it all happens within your own consciousness. You are either the open door or the impediment to the manifestation of your words.

Feeling, visualizing, and accepting conditions as if they *are already as you speak them* magnifies the power of your words and attracts those things to you. Conversely, if you speak negatively, which is usually reinforced by negative thoughts and feelings, you attract these to yourself.

To learn more and read stories of how people have changed their lives through the constructive use of their words, go to [www.ascentback2god.com](http://www.ascentback2god.com).

## Opportunity and Grace

*It is not more surprising to be born twice than once; everything in nature is resurrection.*  
—Voltaire

The good news is that your Soul has multiple opportunities for spiritual growth in the physical world. Causes that you have set into motion eventually come full circle, teaching you the lessons of how to use, or not use, your creative power. This great game of life goes on until through grace we awaken.

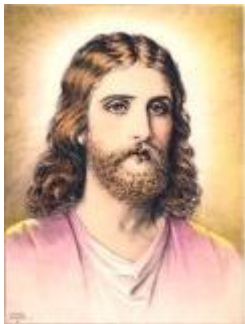
Divine grace can come to us in many ways. Angelic beings, masters who have gone before us, and everyday people we encounter may be among the instruments of grace in our lives. Our job then is to be open, learn, balance our debts to life, and fulfill our purpose on earth. As we do these things, we ascend daily, preparing for the final reunion of the Soul with God.

## Reuniting with God

It is interesting how many people in the world strive to be good and look forward to going to heaven, yet cannot accept that there are many who have already done just that. There are numerous individuals from all religions, races, and parts of the world, who have fulfilled the requirements for ascension, and who are now in the heavenly realms. Some of these masters and saints assist us in our spiritual journeys, as well as assist the earth in moving into the next age, which, according to astrological cycles, is the Age of Aquarius.

The Age of Aquarius is destined to be a Golden Age, which means that the majority of people have reached an enlightened state and, as a result, have created an enlightened society. Not an age of human perfection, because there is no such thing. Rather, the potential to live in a world where higher moral and spiritual standards are the norm and are reflected in

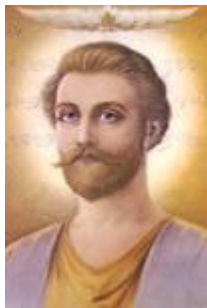
our societies, governments, families and individuals, with a heightened sense of brotherhood, cooperation, and respect. However, whether or not the Aquarian Age is a Golden Age depends upon each of us and the choices we make. Until we become these qualities, these qualities will not manifest in our societies or nations.



**Jesus** is perhaps the most notable ascended master and the purest expression of the living Christ, the Son of God, that the world has known. And yet, not many realize that his message to follow him is not as a puppy follows his master, but rather to become what he is, the living Christ, the "light that lighteth every man that cometh into the world." John 1:9.

Jesus is the master for the Piscean Age. His life exemplified the initiations of the spiritual path for all to see, understand, and fulfill: the crucifixion, the resurrection, the transfiguration, and the ascension. As he stated, he came for the fulfillment of the law. Indeed he is our savior, the living example of what it means to be the Son of God in the flesh. He gave his life, bearing the weight of the darkness of the world, and showing us how we too must live as sons and daughters of God. He also demonstrated that there is no death, only life.

**Saint Germain**, the ascended master for the dawning Aquarian Age, brings us the gift of the violet flame of freedom, justice, mercy, alchemy, and sacred ritual. He first introduced the violet ray, or violet flame, in the early 1920's to Guy Ballard who later founded the I AM Movement. His teachings were





continued by Mark and Elizabeth Prophet through The Summit Lighthouse.

Saint Germain is also known as the "Wonderman of Europe," the miraculous gentleman known as the Count of Saint Germain who moved within the courts of 18<sup>th</sup>- and 19<sup>th</sup>-century Europe. As the Count of Saint Germain, he was an ascended master who returned to earth in a physical body to further assist mankind. He was an accomplished alchemist, poet, musician, scholar and diplomat, who was admired throughout the courts of Europe. He demonstrated his ability to remove flaws in diamonds and other precious stones, and to write a letter with one hand while composing a song with the other. Voltaire described him as the "man who never dies and who knows everything."

## The Violet Flame

The violet flame is a powerful, high-frequency energy that transmutes—or changes—the nature of energy from a negative state into a free-flowing, positive state. It is the fire of spiritual alchemy that helps us transform ourselves at all levels.

When you are in your heart space, the violet flame is most powerful when it is invoked in the form of affirmation, mantra or decree, while the perfect outcome is visualized. The more you invoke the violet flame, the more your personal energy field is filled with this powerful energy. It then can continually perform its alchemy within you and those with whom you come in contact. Try these simple mantras each day for 5, 10, or 15 minutes to begin with, and see the difference in your life.

*I AM the Violet Flame,  
Victorious and Free  
One with God I AM  
For All Eternity*

For More Information Visit:

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Telephone: 630-629-0615

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