



ASCEND

Ascension Sacraments for the Cosmic and Earthly Nutrition Diet

By Tyla Gabriel, ND

Ready to Ascend?

The BIG SECRET that the global elites and rulers don't want the average human being to discover is the miraculous capacity of the chakra system, especially in the awakening of the crown chakra. This chakra is literally the gateway to the spiritual world and there you will find unlimited splendor and abundance as angels hover around the sweet nectar of the pituitrin that you have offered these higher beings. In exchange, they offer you the nourishment of creativity, thoughts, imaginations, and inspirations.

For those of you that find this hard to believe, think about the concept called the 'food chain'. In school, we were taught that one kingdom of beings feeds off another to sustain itself. Humans eat animals and plants. Animals eat plants as well as other animals. Plants take in the minerals and metals from the earth, then offer them to humans and animals in a "digested" form in their stems, leaves, roots, and fruits.

What is missing in this traditional view of the "food chain" are the entities that exist beyond the two ends of the chain. Why does the food chain **start** at minerals and metals and **end** at the human? What feeds the minerals and metals and what higher beings do humans nourish?

The ASCEND diet helps the individual get back into alignment with the original pathways of nourishment, both physical and spiritual, to a time before ahrimanic forces locked us into the lower chakras with poisoned foods and perverted sexuality so that we would never discover the pathway to heaven through each chakra to the crown.



Discovering this summit is heaven on earth. We found it and offer you the same pathway to find it within yourself. Please, let us be your Spiritual Sherpas and show you a pathway to higher knowledge that has blessed us in countless ways. As long as your personal religious practice is one of love and light, you can find benefit for your own enlightenment or place in heaven by following this diet.

Welcome to Our Spirit's self-directed course which can help you activate the cosmic and earthly nutrition stream to ASCEND to higher consciousness and an active participation with the spiritual world. In order to activate the crown chakra at its peak capacity for the process of the etherization of the blood to be activated, we must first move through all of the chakras making sure that the physical organs and systems associated with each is balanced at optimal levels.

For those that would like to know more about the spiritual food chain, please see our magazine issue on [Toroidal Fields](#). Or read our book [A Modern Path of Initiation](#).

The process of etherization of the blood is explained in our article [Spiritual Alchemy and the Etherization of the Blood](#).

We begin the ASCEND course by focusing on the physical aspects of each chakra. As they are cleansed and purified, we move on to emotional and spiritual cleansing of each.

This course is divided into OCTAVES. We call them octaves because once you have moved through all the chakra systems in one octave, your life vibration will be higher and you will be ready to move through the next higher octave, starting with the foundation chakra and working up to the crown. We use eight chakras in the ASCEND program:

Crown
Brow
Throat
Heart
Solar Plexus



We call the suggested 'treatments' or "protocols" -- SACRAMENTS. Each sacrament is intended to provide spiritual nourishment to one or more chakra. The purpose of nourishing our chakras is to reconnect with the spiritual world, with full consciousness of who we are as Self, yet becoming One with Sophia-Christos.

The program is self-directed so you may **move at your own pace**. For best results, spend at least one month on a lesson before moving to the next, unless you are confident that you have achieved resonance with the sacraments. We recommend that you move through the course step by step, not skipping any section unless you have a medical issue concerning the suggested protocol OR if the protocol does not resonate with you at this time OR if you feel you have achieved the desired resonance of the protocol.

This is a self-directed educational program and you will be asked to read hyperlinked materials, view videos, and research topics in order to learn more about the chakra and its harmonizing sacraments. **As with any course of study, you will only get as much value from it as the time and effort expended in your studies.**

Self-Assessment. We suggest that you take a self-assessment before you begin the course so that you can determine what kind of progress you are making. [CLICK HERE](#) to download the self-assessment. Many times we forget our original symptoms once they disappear. The self-assessment will give you a reminder of what has been harmonized and what still needs attention.

Updates. If a hyperlink is broken, please do your own research on the topic that is highlighted. It is difficult to keep hyperlinks active when they come from third-party sources or are from material a few years old (but still relevant).

Share with others. You are more than welcomed to share these lessons with others using our easy-to-share URLs at the top of the page. Each lesson can provide interesting study group materials to support your **Gospel of Sophia** studies.

FOUNDATION CHAKRA

The foundation chakra is the fulcrum of the spine which provides uprightnes and the ability to stand with equilibrium, freeing the hands for deeds only a human can do. The upright posture of the human being also frees the head to rest atop the body with the brain floating freely in cerebrospinal fluid. From foundation chakra to crown chakra, the upward motion of energy in the human body needs to begin upon a solid and stable foundation. It is the solidity of the earth beneath our feet that provides the resistance for humans to press downward with gravity while at the same time freeing the human to ascend through the chakras with levity.

We must be thankful to Mother Earth for giving us the solid substance that holds us and provides our life-giving atmosphere surrounding us and the plants that rise, as we do, towards the sun.

Every metal is created by the vibration of one of the planets and the minerals relate to the twelve directions of space. All of nature has combined to provide humans with the temporary illusion that matter is "real" and permanent. This illusion is a gift that is like a mirror that reflects our own nature back to us. Being in resonance with the solid substances of the earth helps us contact the beings who build and sustain the visible world. A deep sense of appreciation and gratitude to the substances all around us is a recognition that we are in this world to learn about our own nature and the

beings who created everything around us.

Deep feelings of gratitude and appreciation connect us to our **Foundation Chakra** in a reverent mood of communion with the spirits who sacrifice themselves for our evolution.



OBJECTIVE:

Provide better, cleaner drinking water for you and your family than you and they are drinking today. Bring consciousness to the process of hydration as an essential nourishment of good health. Eliminate liquids that are not nourishing.

To get started with the ASCEND program, take the first month to bring consciousness to the water you are currently drinking. Your objective is to drink better, cleaner water than you are today. Please do your own research to determine what this means for you and your family, but here are some questions (some with hyperlinks) to get you started:



[What is the source of your water?](#)

What color is your drinking water?

[Is your water fluoridated or contain other toxins?](#)

If your water comes from a well or open source, when was the last time you had it tested for contaminants?

Do you use a filtration system?

[If you drink bottled water, have you tested the pH of the water?](#)

Do you drink enough water each day?

[How clean is your drinking water?](#)

What condition are the pipes through which your water flows?

Please note: Hyperlinked material may become stale or link broken. Research for yourself.

FLUORIDE: CALCIFIER OF THE SOUL *

Are you aware that fluoride in the water can adversely effect the development of the pineal gland? If your pineal gland is calcified, it is going to be difficult to have clear thinking, much less higher spiritual thoughts that connect you to higher beings.

Don't forget that many commercial toothpastes have fluoride in them!

* Click the link to learn about the effects of fluoride.

Related to the objective of drinking better, cleaner water is bringing consciousness to liquids that you are consuming on a daily basis that are not enhancing your life vibration.

Do you drink soft drinks on a regular basis?

If you drink caffeine, have you considered drinking biodynamic coffee?

How about biodynamic tea?

What is the Difference Between Biodynamic and Organic Coffee?





Are you drinking corn GMOs in a liquefied form?



Sacrament: Essential metals and minerals



OBJECTIVE:

Nourish your body, organs, and systems with a complete spectrum of metals and minerals daily. Understand how today's soils, agricultural processes, food preparation, and diets are lacking in the essential and trace elements needed for good health.

The first two steps of the ASCEND diet can be real game-changers to your foundational health and are very easy to incorporate into your regular routine.

Step One: Drink plenty of better, cleaner water.

Step Two: Get enough essential metals and minerals. The best way to do this is to eliminate all use of table salt and replace with Himalayan sea salt.



Watch this video to learn about Himalayan salt.

Salt that Packs a Punch

Himalayan salt contains these important trace and essential minerals and metals:

actinium, aluminum, antimony, arsenic, astatine, barium, beryllium, bismuth, boron, bromine, cadmium, calcium, carbon, cerium, cesium, chlorine, chromium, cobalt, copper, dysprosium, erbium, europium, fluorine, francium, gadolinium, gallium, germanium, gold, hafnium, holmium, hydrogen, indium, iodine, iridium, iron, lanthanum, lead, lithium, lutetium, magnesium, manganese, mercury, molybdenum, neodymium, neptunium, nickel, niobium, nitrogen, osmium, oxygen, palladium, phosphorus, platinum, plutonium, polonium, potassium, praseodymium, protactinium, radium, rhenium, rhodium, rubidium, ruthenium, samarium, scandium, selenium, silicon, silver, sodium, strontium, sulfur, tantalum, tellurium, terbium, thallium, thorium, thulium, tin, titanium, uranium, vanadium, wolfram, yttrium, ytterbium, zinc and zirconium.

Learn why each of the minerals found in Himalayan salt is so important for good health. It's easy to add these important nutrients in your diet. Read here about each of these nutrients and why even the smallest amounts are important for you to ingest every day.

84 Miracle Minerals



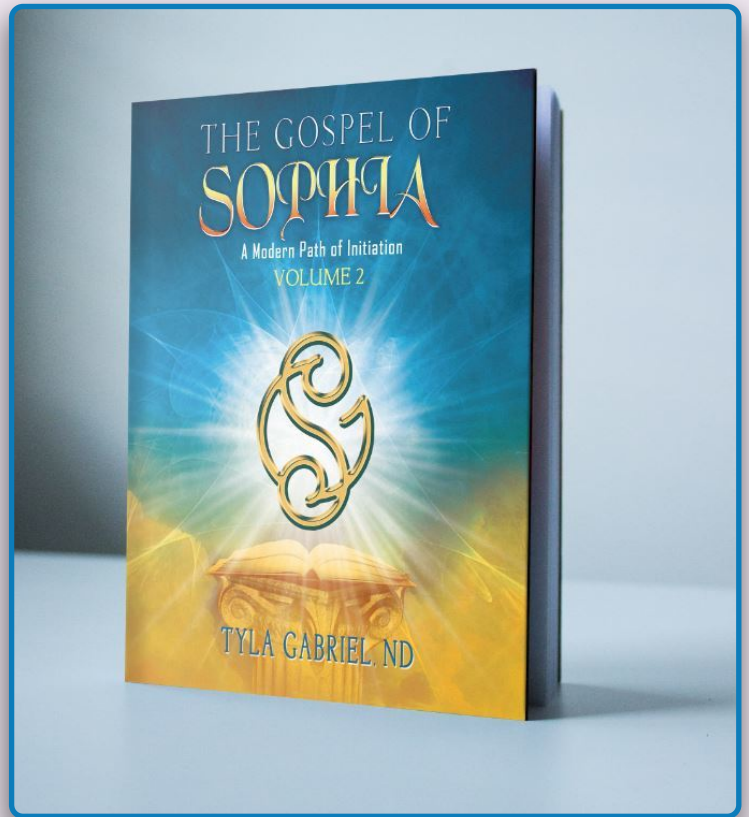
Start learning about the secrets of the pineal gland. This is important information that Earth's global controllers did not want us to know about. Learn how meditation, prayer, and contemplation can enhance and activate this important gland.

A Path of Modern Initiation is the second volume of the Gospel of Sophia series. In this volume you will learn the esoteric principles upon which the ASCEND diet is based.

What is ascension?

How can you access the higher worlds?

How can you open your chakra channels for communion with the divine?



Please download a free copy of this book and begin your journey back home to a place of divine wisdom and inspiration.

The Gospel of Sophia: A Modern Path of Initiation

All of our books are available in print as well as free PDFs. Our bookshelf is yours - now and forever. Access all of the Gabriels' books and share with friends. OUR GIFT TO YOU. Together we can make a difference in the world.

[**Our Medical Disclaimer**](#)



Come play the Glass Bead Game with us. We are at

www.ourspirit.com

www.neoanthroposophy.com

www.gospelofsophia.com

www.eternalcurriculum.com

**The complete ASCEND
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OUR SPIRIT**

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