

# FRIDAY MORNING WITH THE ANCIENT ONES

## *The Ascension Journey*

### **SESSION 1 - THE JOURNEY BEGINS – WHAT’S NEXT WITH THE ANCIENT ONES**

- 1. The Journey Begins
- 38. Visioning

Technique – Shining Joy, Peace, Compassion

### **SESSION 2 – NEW ENERGY FROM THE ETHEREAL REALM**

- 26. Energy Particles
- 35. Golden Light
- 9. The Blessing

Technique – The Blessing Technique ramped up with the New Energy

### **SESSION 3 – CONNECTING WITH SACRED HOPEFULNESS**

- 22. Hope Returns
- 18. Wisdom of Light
- 30. Buoyancy Hope

Technique – Setting our Buoyancy Hope

### **SESSION 4 – CONNECTING WITH SACRED COMPASSION**

- 16. A Sacred Connection
- 4. Bridges
- 27. Bridging the Gap

Technique – Creating and Blessing Bridges

### **SESSION 5 – A JOYFUL PERSPECTIVE**

- 28. Shifting Perspectives
- 21. Re-engage into Joy
- 24. A Joyful Perspective

Technique – Noticing with Gratitude

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### **SESSION 6 – STRENGTHENING**

- 20. Spiritual Strengthening
- 5. Your Bright Heart
- 19. Breathe and Grow

Technique – A new look at SAGE-ing

### **SESSION 7 – SEEING WITH YOUR HEART-OF-HEARTS**

- 2. Heart Centered Activation
- 13. Seeking Like Minded Ones
- 15. Eyes of Your Heart-of-Hearts

Technique – Tuning into your Heart-of-Hearts

### **SESSION 8 – THE GIFT OF LOVE**

- 6. Wavelength of Love
- 8. A Gift of Love
- 34. The Flow and Glow

Technique – Turning on “The Light of Love”

### **SESSION 9 – THE SACRED OBSERVER**

- 3. Sacred Gift in Time
- 25. Your Faith-Truth
- 11. Thunderstorms

Technique – Becoming the Sacred Observer

### **SESSION 10 – THE GIFT OF PEACE**

- 33. Truly Resting
- 31. Awakened Peace
- 36. Energy Breeze

Technique – The Peace Sway

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### **SESSION 10 – THE SUCCESS PATH**

- 17. Escaping the Trap
- 10. Walking the Clear Path
- 23. The Success Path

Technique – “Not Mine”

### **SESSION 12 – WALKING IN DIVINE LIGHT**

- 7. Expanded Feelings Open the Way
- 32. Your Light-Walk
- 12. Doors of Light

Technique – Doors of Light

### **SESSION 13 – THE UNFOLDING**

- 14. A Path of Honor
- 29. Assisting the Unfolding
- 37. This Now Moment

Technique – DAWN