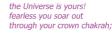
Ascension Tool -- scroll to the bottom of this page and read from the bottom up...

full now of Light and Love and ascension power, you release all attachments

full of compassion for all of humanity this is how you ascend

you are the rainbow warrior, Quetzecoatal, enlightening your being full of life rising

> feel your breath rising up the pranic tube, through each chakra in succession



soon and without effort life cycles and brings you back to the inception of your next breath--your new life.

with gratitude for all your blessings this is how you ascend

feel the Blessing of your heart beating, filled with the LOVE of the Rainbow Warrioress...

feel the prana (life energy) rising up the tube with your breath

begin your inhale by drawing the breath in through the perineum (area between your anus and genitals).