

Nothing Missing

*An ongoing experience of Peace, in the moment, with
Bright Path Ishayas Ascension.*

I noticed it the first time a few years ago – after I'd been practising this wonderful form of meditation for a while. I was going on holiday and something was missing! I was in the car with my husband, on the way to the airport and there was definitely something missing. What was it? I felt calm and peaceful, excited about the holiday. Everything was packed that needed to be packed - our neighbour was feeding the cat. I hadn't forgotten anything. Yet there was something that was different from when I'd gone on holiday before.

What was missing was everything I'd carried with me before – not my handbag, passport, luggage - but all the chaotic energy of looking back and re-living the past or looking ahead imagining a future that would probably never come. Instead I felt free, unencumbered, innocent to what the new moment might bring. And this is available to me as my ongoing experience. How wonderful it is to live life free to experience this new moment, fully. Fully alive – nothing missing!

How has this come about? I've been a Homeopath and Healer for almost twenty years, and an EFT Practitioner for 11 years, and so have been helped beyond measure by these and other wonderful complementary therapies. But it always felt like there was something more. When I saw a beautiful sunset, or heard about ancient spiritual traditions, and in my experience of healing energy, it always felt like there was something else for me to experience. It was almost like a yearning for more. What I've discovered is that there is always more, because there is infinite potential for peace, and that at the same time it is absolutely possible to have an experience of peace now, fully, completely, in this moment, the eternal moment.

What has brought me this experience is simply regular practice of the Bright Path Ishayas Ascension, with ongoing guidance and support from the Bright Path Ishayas, who teach this practice. A practice that gets easier and easier, more and more simple, more and more effective. As a result I not only experience increasing inner peace, but also I am more focussed, I have greater clarity, I am more efficient, and my relationships with others are more loving and kind. If there is something missing for you, if you yearn for more peace, love, joy in your life, then know that for you too there can be nothing missing.

What is Ascension? The Bright Path Ishayas teach this effortless, profoundly effective form of meditation. We teach Ascension Attitudes, also known as techniques, which are short phrases based on Praise, Gratitude, Love and Compassion. The term 'Ascension' refers to rising beyond the limitations of the mind. It requires no belief, and so conflicts with no religion or other spiritual practice. We put aside time for closed-eyes periods of Ascension every day, this is known as Ascending. In addition, the Attitudes can be used with our eyes open, as we go about our daily lives. In this way the experience of peace is available for us whenever we remember to choose for one of our Ascension techniques rather than for the thousands of worrying, anxious, negative thoughts we habitually think during our day. Some people learn simply because they wish to feel less stressed. Others learn because they have a desire for a path to lead them to Enlightenment, a living experience of Oneness, Unity. All of this is possible.

Do you need to Ascend if you use energy therapies to create less stress and more peace in your life?

Life begins in innocence, in infinite potential for Love, Peace, Joy. So this is our natural state. Then our life experiences begin to limit us, creating self-limiting sub-conscious beliefs. In time, we begin to identify with these self-limiting beliefs rather with our true nature, infinite love, peace, joy, pure awareness. Energy therapies like EFT focus on erasing the self-limiting beliefs and are very effective in doing this. But my experience of using therapies is that we can continue to find self-limiting beliefs, layers, grooves, unresolved issues, whatever we wish to call them, to focus on and heal. One layer is resolved then another emerges ready to be healed, and so on. And we may feel that we have to do all of this before we can experience true inner Peace. The great news is that we don't. The Ascension techniques take us directly to an experience of our true nature, peace in the moment, regardless of our unresolved issues. We don't need to first heal our physical bodies or our self-limiting beliefs, our disrupted energy, before we can experience our true nature. We are taken to this experience naturally, simply, directly when we Ascend. Then, as a natural side-effect we release stress from our nervous systems, and our self-limiting beliefs and grooves start to burn up. Effortlessly.

This process is simple and natural.

My own experience is that Ascension and healing therapies work wonderfully together to bring us our highest desire, peace and wellbeing in mind, body and soul.

From reduced stress to Oneness, Enlightenment

From ancient times it has been understood that there are Seven States of Awareness. Regular Ascension assists us to experience these states. The first three states are known to all of us. The sleeping state, the dreaming state and the waking state. The body is most at rest when we sleep, less at rest when we dream and least at rest when we are awake. The mind is least alert when we are asleep, more alert when we are dreaming, most alert when we are awake.

The fourth state of awareness is when the body is experiencing more rest even than sleep, and more alertness even than in the waking state. In some spiritual teaching this is known as the first stage of Enlightenment, in the Judeo-Christian tradition it is known as the Peace that Passeth Understanding, in the East it is known as Samadhi. Simply by using an Ascension Attitude, we are brought to a direct experience of this state, in the moment.

The fifth state of awareness is when this experience becomes constant. No longer a momentary experience, but a constant, ongoing in the moment experience, pervading not only the waking state but also the sleeping and dreaming as well. This is known in the Judeo-Christian tradition as Praying without Ceasing.

The sixth state is a state of exalted consciousness, where the experience of peace is no longer personal, but pervades everyone and everything. We experience the beauty of humanity, of nature and creation, and may recognise the celestial quality within all – the presence of the Source, of Peace, Love, what some call the Divine, in everything.

The seventh state or Unity Consciousness is the state in which there is a true living experience of the Oneness of All. Not a concept or belief, held by a separate individual or ego, but a stable, living experience of All-Oneness.

Why prioritise Peace?

Some people feel it's selfish to prioritise our own peace, when there is so much turmoil and suffering in the world. Actually, we are of the greatest service to others when we live from an experience of Peace. From this experience, it is not possible to live selfishly, we naturally desire to be of the greatest service to others, and can give this freely, joyfully, without judgement or criticism, without seeing ourselves or others as broken and needing to be fixed, but rather seeing the perfection in all. Also, and this is extremely important for therapists, this is the best way I know of looking after ourselves, filling ourselves up, so that we can continue to

give lovingly to others, and receive back in equal measure, fully in the flow of life, the flow of abundance and grace.

How do I learn?

There are regular opportunities to learn, around the country. We usually teach over a weekend, Friday evening, all day Saturday and Sunday, with a shared lunch on both days. This first weekend is called a First Sphere, during which we teach the first four Ascension Attitudes, short phrases based on Praise, Gratitude, Love and Compassion.

The weekends are informal, welcoming and usually good fun! Shared lunch invariably turns into a feast, and there are always others who have learned before, experienced Ascenders, who review the weekends and are there to give helpful support. The fee for a First Sphere is £200 and then you can attend any First Sphere anywhere in the country, or the world!, for free. There are then evening meetings organised by local Ascenders which are also free to attend. The teachers are available to give ongoing support by email and telephone, again at no cost, and there is a regular newsletter to inform and inspire.

For those who wish, it's possible to go on and learn advanced Attitudes, attend Advanced weekends and Retreats for which there are additional costs. These offer wonderful opportunities to Ascend, ask questions, explore how our lives are changing, and discover permanent peace. Of course, attending is always up to individual choice.

Last year, I had the wonderful experience of graduating as a teacher. I love sharing Ascension with others, and would love to share it with you too, if this is your heart's desire.

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