

# SEAN BRADLEY ACADEMY

## Channelled Teachings from Sananda re: Ascension

### **MEDITATION: The Christ Star**

The Christ star -visualize a column of pure white light coming down from Heaven – a pure white light from the spiritual realms filling your room with the column of light and rooting into the centre of the Earth so that you are immersed and infilled with the light.

The light of God – the light from Source –whatever you wish to call it, it is power for good and if all of you are filled with that light, every cell of your body filled with pure light then you will help yourself to raise your vibratory level higher as each day goes by. Filled with this light you can then help others to learn how to raise their consciousness. It is important that this is done each day so that the power of light is secured into the Earth by more and more who are on the spiritual path spreading this word to others.

As you do your meditations, or twice daily preferably, think of that light filling you with great power and spreading outwards into the whole of your aura. As you raise your mind towards that light going inwards and listening for that still small voice you will raise you're your vibratory level, and gradually you yourselves will be ready and aware of your higher self. You are bringing your higher self from above, from those charkas in the higher realms into your lower self so that your whole body is filled with light. It is a time of great importance this time of quiet each day, because your bodies need to be filled with power before they are ready to ascend into the 'Fifth Dimension.'

You are bringing your body into alignment for this, preparing yourselves so that in a short space of time many of you will be ready to rise into that next dimension in order that you will learn to be able to teach others what it is that is about to occur. As you rise into that new dimension of being there will be many thousands rising with you attempting to be the vanguard of those who are ascending. **Sananda (Jesus)**

**Love and Light**

**Sean**

**The Barefoot Angel Man™**