

Unified Whole De-Ascending Meditation

This meditation is excerpted and edited from Dr. Joshua David Stone's Ascension Activation Meditation with updated information on the Unified Whole, the 22 Rays of God, with the colors and frequencies along with a special visualization to travel to the 144th level of the Unified Whole, Sacred Heart Temple.

Beloved Unified Whole of the Creative Source of Oneness comprising Divine Mother & Father God, My Beloved Mighty I Am Presence, My Monad, I Am That I Am, Beloved Mahatma, The Avatar Of Synthesis, Seven Mighty Elohim, Melchior, Our Galactic Logos, Ashtar Command, Archangels Michael, Jophiel, Chamuel, Gabriel, Raphael, Uriel, Zadkiel, Metatron, Helios, Our Solar Logos, Sanat Kumara, Our Planetary Logos, Lord Maitreya, The Planetary Christ, The Manu, Allah Gobi, The Mahachohan, Sathya Sai Baba, Beloved Chohans Of The Seven Rays, Beloved Overlighting Beings of the 22 Rays of God, El Morya, Kuthumi, Serapis Bey, Paul The Venetian, Hilarion, Master Jesus, And Saint Germain, Lords Of Karma, Djwhal Khul, Buddha, Vywamus, Virgin Mary, Quan Yin, Isis, Babaji, The Great Divine Director, Enoch, The Great White Brotherhood MAP Healing Team (Pan, Overlighting Angel Of Healing, Ascended Masters And Monad), Order Of Melchizedek, Spiritual Hierarchy, Great White Brotherhood, Masters Of Shamballa!

I Am the Monad, I Am the Light Divine, I Am Love, I Am Will, I Am Fixed Design! I hereby ask and pray for your collective help in the following ascension meditation. I hereby call forth an all-powerful tube of cosmic Light substance to serve as an invincible shield of protection throughout this meditation and throughout my life in general. I ask that this tube of Light be absolutely invulnerable and invincible to all that is not of the Unified Whole Energies representing the Creative Source of Oneness, Divine Mother and Father God, and the God Force.

Within this large tube I now visualize a smaller tube the circumference of my head now moving upward from my crown chakra, up through my Soul, up through my Monad or I Am Presence, and then continuing up through all three hundred fifty-two levels of the cosmic being known as the Mahatma or the Avatar of Synthesis, all the way up to God Himself/Herself of the 49 Dimensions of Reality, up through the Angelic Principalities in the dimensional levels of 50 through 100, then up through the formlessness of the Multi-Universes, Suns, Stars, Planets, in the elements of Water, Fire, Thunderbeings, Cloud People, Essences of the Wind and Sky, Star Nations, Innerspace Frequencies of Light, and all the elements that house the beautiful essence of Pure Divine Essence from the 101st dimension through the 143rd, and then from the Sacred Heart Temple of the 144th Dimension of the Creative Source of Oneness that houses the Unified Whole Command and each of these amazing Beings of Light.

This tube of Light is my Antakarana, or Rainbow Bridge. My Antakarana now goes from the center of the Earth all the way up through the God Presence into the Angelic Essence moving into the Formlessness and within the Unified Whole.

I now attune myself to the Presence of Oneness by chanting the sacred sound of AUM seven



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times and send it up to the Antakarana through my Soul, Monad, Mahatma, to the God Force, into the Angelic Realms, through Formlessness and into Pure Oneness of the Unified Whole.

[Remain silent for a few moments to experience the effects.]

I now call forth from the Unified Whole, Divine Mother and Father God, and the God Force a pillar of God's Light which is now flowing down your Antakarana and your tube of protection. This Light first fill my Physical body, then my Etheric body, Emotional body, Mental body, and Spiritual bodies.

I now call forth in my Mind's Eye the Unified Whole along with the Mahatma energy, which is a group consciousness that embodies all three hundred fifty-two levels of initiations along with 144 dimensions of reality back to the Sacred Heart Temple of Oneness within the Unified Whole. I call forth this entire frequency of Oneness with the Mahatma and Avatar of Synthesis energy and let it first fill every cell in your physical body.

I let it now fill every physical organ with cosmic Light. Let it fill your pineal gland, your pituitary gland, your thyroid gland, your thymus gland, your adrenal glands, and your gonadic and sexual glands. Let the Oneness and Mahatma energy fill your seven bodies with Cosmic Light. The Unified Whole energy is the highest cosmic energy that is available to us on Earth now combined with the Mahatma energy. Let this energy bathe your entire being.

Beloved Unified Whole Command, God and Beloved Mahatma, I choose now to accept and invoke a deep penetration of the Oneness and Mahatma energy into my entire energy matrix, thereby allowing a full, open radiation of my Divine self in service to All That Is, now.

I now call forth from God and the God Force a series of golden balls of Light. These large golden balls of Light are coming down from God and my mighty I Am Presence and moving down my chakra column, entering my seven chakras.

I let the golden ball of Light enter my first chakra. I now fully open and activate my first chakra. I Am that I Am. AUM!

I Let the golden ball enter my second chakra. I now fully open and activate my second chakra. I Am that I Am. AUM!

I Let the golden ball enter my second chakra. I now fully open and activate my second chakra. I Am that I Am. AUM!

I Let the golden ball enter my third chakra. I now fully open and activate my third chakra. I Am that I Am. AUM!

I Let the golden ball enter my fourth chakra. I now fully open and activate my fourth chakra.



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I Am that I Am. AUM!

I Let the golden ball enter my fifth chakra. I now fully open and activate my fifth chakra.

I Am that I Am. AUM!

I Let the golden ball enter my sixth chakra. I now fully open and activate my sixth chakra.

I Am that I Am. AUM!

I Let the golden ball enter my seventh chakra. I now fully open and activate my seventh chakra.

I Am that I Am. AUM!

I Let the golden ball enter my seventh chakra. I now fully open and activate my eighth chakra.

I Am that I Am. AUM!

I Now, call forth my Mighty I Am Presence and Archangel Michael and the Great White Brotherhood Medical Assistance Program (MAP) team (composed of Pan, Ascended Master healers, angels of healing, and your own monad) to enter each chakra and perfectly balance and attune it, removing any unwanted energies or cords of energy that are not for my highest God purpose and of your true Divine monadic blueprint.

I now invoke these energies for my first chakra, I am now purified, cleansed and perfectly balanced within my Root area. AUM

I now invoke these energies for my second chakra, I am now purified, cleansed and perfectly balanced within my Sacral or Polarity area AUM

I now invoke these energies for my third chakra, I am now purified, cleansed and perfectly balanced within my Solar Plexus area AUM

I now invoke these energies for my fourth chakra, I am now purified, cleansed and perfectly balanced within my Heart area AUM

I now invoke these energies for my fifth chakra, I am now purified, cleansed and perfectly balanced within my Throat area AUM

I now invoke these energies for my sixth chakra, I am now purified, cleansed and perfectly balanced within my Third Eye area AUM

I now invoke these energies for my seventh chakra, I am now purified, cleansed and perfectly balanced within my Crown area AUM

I now invoke these energies for my eighth chakra, I am now purified, cleansed and perfectly balanced within my Thymus area AUM



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I now request an activation for the perfect integration and balancing of my chakras so they function as one unified chakra.

I now call forth the Violet Flame of Saint Germain to bathe my entire being in his Violet Transmuting Flame. I allow this beautiful Violet energy flowing down from God transmute any and all negativity into the purity and perfection of God.

[Breathing for about 15 seconds.]

I then call forth the Golden twelfth ray and allow it to bathe your entire being in the energy of the Christ consciousness. It filters within my Heart Center and grows through my entire chakra system. I see my entire being and all my bodies being filled with this luminous golden energy pouring down from God, my Mighty I Am Presence, the Ascended Masters, Archangels, and the Unified Whole .

[Bathe in this twelfth ray golden Light for another fifteen to thirty seconds.]

I now request the Unified Whole Command, Divine Mother & Father God, and the entire God Force to be placed within my living Light Merkabah vehicle. I see the Merkabah vehicle as a double-terminated crystal that surrounds my entire body, with another horizontal double-terminated section coming out the front and back of the vertical part. I place myself fully within the Merkabah vehicle now and allow it to spin clockwise. This spinning allows me to become even more attuned to the cosmic pulse and frequencies of Divine Mother and Father God ,and the God Force as I descend upwards toward the 144th dimensional frequency.

I feel my Merkabah Light Vehicle spinning clockwise and my body is pulsating with frequencies of Light. It is spinning faster and faster as I move from the 3rd dimensional reality upwards. I move into the 4th as I feel the duality of my life being realigned into the pure perfection that I Am. All timelines are now being reorganized determined by my Higher Self's guidance. I then move into the 5th dimension as I receive all the timelines that are part of my Missing Puzzle Pieces. Gifts are renewed as my strength of who I AM is fully aligned.

All the Ascended Beings from the Planetary Level are fully assisting me. I feel all the Ray Chohans of El Morya, Master Kuthumi, Djwhal Khul, Paul the Venetian, Serapis Bey, Lord Sananda with Lady Nada, St. Germain and Lady Portia are fully reaching out their essences unto me as I now move into the 6th, 7th, 8, and 9th dimensions of the Planetary Level. Everything is coming into full perspective of what I need to receive.

I see myself spinning into the Solar level and feel the accessibility of the 10th dimensional reality. Ra the Sun God and Helios and Vesta, our Solar Logos, are now integrating within my Being.



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I now move into the 11th dimensional reality of the Galactic Level as all the lost moments that I desired to remember are now fully coming into my awareness. I feel so many beautiful beings of Sanat Kumara and the Holy Kumaras, Lord Buddha, and Lords of Arcturus, Pleiadians, and Sirians are all with me as they always have been.

I am spinning in the higher dimensions of the 12th within the Universal Level. I am excited as I see colors and colors of beautiful essences blending within me. I am remembering and forgetting at the same time.

I now feel the essences of the Multi-dimensional levels of the 13th through the 24th as I feel the embrace of Lord Melchizedek and Lord Metatron. I feel the changing vibrations through my entire Being.

I am now arriving within the Cosmic Levels of the God Force from the 25th through the 49th. I am in awe of the remembrances as the essence of Divine Mother and Father God, with the Elohim, and the Elders that Surround the Throne of Grace fully intertwine their energies within me.

As I move beyond the 50th dimension I am now feeling essences of the Cherubim, Ophanim, and Seraphim Principalities. They are dancing around me as I move up the dimensional frequencies through the 60th, 70th, 80, and 90th levels. I now feel my essence as the Angel I AM and have always been. I may have been a Seraphim or a Cherubim and possibly all of them. I am spinning now through the 99th level of creation.

I am starting to fully embrace my Multi-Dimensional Being from all the timelines that were lost, they are all coming to me in bits and pieces as I need them. I arrive in the 100th level and feel the essences of the creation of the many Universes of suns, planets, stars, and so much more. Spinning upward and upward I now go through the 110th, 120th, 130th, and 140th level. I arrive at the 141st, 142nd, 143rd, and now the doorway opens to the Sacred Heart Temple of Oneness. I arrive with all my brothers and sisters within my Monad, and I AM Presence. I feel the completeness that I AM as I expand myself deeply.

I have traveled through all the levels of Creation through the God Force, through the Angelic Realms, into the formlessness I was, and now in the Creative Source of Oneness within the Unified Whole. I am met by the Great Divine Director who is the commander of the Unified Whole Command with Master Thoth, they are actually one Being of Light but show themselves separately. I see the entire Spiritual Hierarchy, Angels, Archangels, Divine Mother and Father God as I stand in Oneness with each of them.

It is now time for me to take what I have experienced and bring it fully within my physical creation of the Being I AM Now. I feel all of their essences join me on this beautiful Journey of Light. Beloved Unified Whole, Divine Mother & Father God, and God Force, I now call forth my soul to fully descend into my consciousness and four-body system if it has not done so already.



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I feel my Merkabah now spinning with each essence I have received; I removed what I no longer need and attract all that I desire as my Higher Self deems it appropriate. I spin downwards from the 144th level, into the 143rd, 142nd, 141st, and the 140th. Through the energies of the 130th, 120th, 110th, 100th, 90th; spinning further downwards into the 80th, 70th, 60th, 50th. I now embrace the entire God Force through the Unified Whole within me through the 40th, 30th, 20th, 10th, and then through the 9th, 8th, 7th, 6th, 5th, 4th, 3rd, 2nd, 1st, and zero dimensions.

I am now ready for the ascension process to begin!

I Am that I Am. AUM!

I call forth my glorified Lightbody to now descend into my consciousness and four-body system. I Am that I Am. AUM

I call forth the Ascension Flame to descend and enter my consciousness and entire four-body system. I Am that I Am. AUM!

I call forth the full activation of my Alpha and Omega chakras! I Am that I Am. AUM!

I call forth the Amrita, fire letters, sacred geometries, and key codes from the Keys of Enoch to now become fully activated. I Am that I Am. AUM!

I now call forth the full activation and creation of my full potential twelve strands of DNA within my physical vehicle. I Am that I Am. AUM!

I now call forth the full activation of my pituitary gland to create only the life hormone and to stop producing the death hormone! I Am that I Am. AUM!

I now call forth and fully activate my monadic Divine blueprints in my Conscious, Subconscious, and Superconscious minds and four-body system. I Am that I Am. AUM!

I now call forth and fully activate my Kundalini energy as guided by my Monad and Mighty I Am Presence. I Am that I Am. AUM!

I now call forth a matchstick-sized spark of Cosmic Fire from the Presence of God Himself to illuminate and transform my entire being into the light of God. I Am that I Am. AUM!

I now call forth a full Axiatonal alignment as described in The Keys of Enoch to perfectly align all my meridian flows within my consciousness and four-body system! I Am that I Am. AUM!

I now call forth and fully claim my physical immortality and the complete cessation of the aging and death process. I am now youthing and becoming younger every day. I Am that I Am. AUM!



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I now call forth the full opening of my third eye and all my psychic abilities and channeling abilities, that I may use them in the glory and service of the Most High God and my brothers and sisters in Christ on Earth. I Am that I Am. AUM!

I now call forth perfect radiant health to manifest within my Physical, Emotional, Mental, Etheric, and Spiritual bodies. I ask and command that these bodies now manifest the health and perfection of Christ. I Am that I Am. AUM!

I now call forth the Rays of God to descend into my 3rd dimensional chakra grid to ignite each chakra with the colors of the Ray.

I now call forth the Ray of Love and Wisdom with the Golden Yellow to merge within my Crown Chakra. I Am that I Am. AUM!

I now call forth the Ray of Scientific Knowledge and Harmony of the Spheres with the White, with Gold and Green to merge into my Third Eye Chakra blending with the color of Indigo. I Am that I Am. AUM!

I now call forth the Ray of Love and Wisdom with the Deep Blue to merge into my Throat Chakra blending with the color of Bright Blue. I Am that I Am. AUM!

I now call forth the Ray of Active and Creative Intelligence with the Deep Pink into my Heart Center blending with the color of Green. I Am that I Am. AUM!

I now call for the Ray of Devotion with the Ruby Red and Gold into my Solar Plexus chakra with the color of Yellow. I Am that I Am. AUM!

I now call forth the Ray of Ceremonial Structure and Magic with the Deep Violet-Purple into my Sacral or Polarity Chakra in the color of Orange. I Am that I Am. AUM!

I now command that each of the seven Rays of God blend within my seven chakras to create One Body of Light of Chakras within Chakras as they spin within the Rays and Chakra frequencies together creating full alignment within the four body system. I Am that I Am. AUM!

I now call forth the eighth ray of Sea Foam Green which represents Higher Cleansing to activate my Thymus chakra creating the Seat of the Soul within my four body system. I Am that I Am. AUM!

I now call forth the 9th ray of Joy & Attraction to the Body of Light with the Blue-Green to descend into my Root Chakra blending with the colors of Red, and Crystalline Light creating my 9th Chakra to blend with the 1st chakra. I Am that I Am. AUM!



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I now call forth the 10th Ray of Integration of Masculine & Feminine Divine with the Pearlescent to descend into my Sacral or Polarity chakra blending with the colors of Orange and Violet-Purple creating my 10th chakra to blend with the 2nd. I Am that I Am. AUM!

I now call forth the 11th Ray of Bridging the Old to the New Essence with the Pink-Orange to descend into my Solar Plexus chakra blending with the colors of Yellow, and Ruby-Gold creating my 11th chakra to blend with the 3rd. I Am that I Am. AUM!

I now call forth the 12th Ray of the Christ Consciousness with the Gold to descend into my Heart chakra blending with the colors of Green and Pink creating my 12th chakra to blend with the 4th I Am that I Am. AUM!

I now call forth the 13th Ray of the Vibratory Communication with the Violet Pink to descend into my Throat chakra blending with the colors of Bright Blue and Deep Blue creating my 13th chakra to blend with the 5th. I Am that I Am. AUM!

I now call forth the 14th Ray of Illumination with the color of Deep Blue Violet to descend into my Third Eye chakra blending with the colors of Indigo and White, Green and Gold creating my 14th chakra to blend with the 6th. I Am that I Am. AUM!

I now call forth the 15th Ray of the Splendor I AM with the color of Light Golden White to descend into my Crown chakra blending with the multi colors of White Light and Golden Yellow creating my 15th chakra to blend with the 7th. I Am that I Am. AUM!

My entire chakra column has now been ignited with the fourth-dimensional ascension frequency. I Am that I Am. AUM!

I now call forth the 16th Ray of Magnetism and Being One Universal Being with the color of Light Violet White to descend into my Crown chakra blending with the multi colors of White Light, Golden Yellow, and Light Golden White creating my 16th chakra to blend with the 7th and the 15th. I Am that I Am. AUM!

I now call forth the 17th Ray of Universal White Light with the color of Multi White Light to descend into my Root chakra blending with the colors of Red, Crystalline Light, and Blue-Green creating my 17th chakra to blend with the 1st and the 9th. I Am that I Am. AUM!

I now call forth the 18th Ray of Fifth Dimensional Divine Intent with the color of Pink Gold to descend into my Sacral chakra blending with the colors of Orange, Pearlescent, and Violet-Purple creating my 18th chakra to blend with the 2nd and the 10th. I Am that I Am. AUM!

I now call forth the 19th Ray of Inner Power and Divine Love with the color of Magenta to descend into my Solar Plexus, Heart, and Thymus chakras to create one Unified Chakra blending



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with the colors of Yellow, Pink Orange, Gold, Green, Pink, and Gold creating my 19th chakra to blend with the 3rd, 4th, 8th, 11th, and 12th chakras. I Am that I Am. AUM!

I now call forth the 20th Ray of Beingness with the color of Violet Gold to descend into my Throat chakra with the colors of Bright Blue, Deep Blue, and Violet-Pink creating my 20th chakra to blend with the 6th and 14th. I Am that I Am. AUM!

I now call forth the 21st Ray of Eternity and Divine Structure with the color of Blue Gold into my Crown chakra with the colors of White Light, Golden Yellow, Light Golden White, and Light Violet White creating my 21st chakra to blend with the 7th, 15th, and 16th. I Am that I Am. AUM!

I now call forth the 22nd Ray of Completion with the color of Platinum into my Crown chakra with the colors of White Light, Golden Yellow, Light Golden White, Light Violet White, and Blue Gold creating my 22nd chakra to blend with the 7th, 15th, 16th, and 21st chakras. I Am that I Am. AUM

I now call forth the complete stabilization of my new fifth-dimensional chakra grid system within my consciousness and four-body system now. I Am that I Am. AUM!

My entire chakra column has now been ignited with the fifth-dimensional ascension frequency. I Am that I Am. AUM!

I see colors within colors as each of the 22 chakras have been ignited within me. I Am ignited with the light of the Eyes of God within my physical body. I Am that I Am. AUM!

I now call forth with all my Heart and Soul and Mind and Might the collective help of my eleven other soul extensions in my ascension process. I Am that I Am. AUM!

I now call forth the combined collective help of the one hundred forty-three other soul extensions of my Monadic group in my ascension process, now. I Am that I Am. AUM!

I now call forth the complete descending and integration into my being of the raincloud of knowable things! I Am that I Am. AUM!

I now call forth an ascension column of Light to surround my entire being. I Am that I Am. AUM!

I now call forth the complete balancing of all my Karma and timelines from all my past and future lives. I Am that I Am. AUM!

I now call forth the raising of my vibrational frequencies within my Physical, Etheric, Emotional/Astral, and spiritual bodies to the fifth-dimensional frequencies. I Am that I Am. AUM!



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I now call forth the Light of a thousand suns to descend into my being and raise my vibrational frequencies one-thousandfold. I Am that I Am. AUM!

I now call forth the sacred sound of AUM to descend and reverberate through my consciousness and four-body system. I Am that I Am. AUM!

I call forth the perfect attunement and completion of my dharma, purpose, and mission in this lifetime in service of the Unified Whole and Divine Mother & Father god. I Am that I Am. AUM!

I call forth to descend now my Christed Overself body. I Am that I Am. AUM!

I call forth my fifth-dimensional ascended self, who is already ascended within the understanding of simultaneous time, to now meld its consciousness with my unified field and aura. I Am that I Am. AUM!

I hereby call forth the great God Flame to now descend and integrate and blend its greater flame with my lesser flame on Earth. I Am that I Am. AUM!

Lastly, I call forth my Monad, my Mighty I Am Presence and Spirit to now fully descend into my consciousness and full-body system and transform me into Light and the Ascended Master I truly am. I Am that I Am. AUM!

I am now attuned with the highest frequencies as deemed appropriate by my Higher Self through my 5th dimensional body. I now affirm I am ready to accept and aspire to more than I ever thought I could acquire within this Body of Light. I AM that I AM. AUM!

I now count upwards from 0, 1, 2, 3, 4,, 5 as I actualize all these frequencies to be fully within my 5th dimensional body Physically, Etherically, Emotionally, and Mentally as I become ONE Body of Light of many chakras within chakras attuning myself with the Rays of God. I AM that I AM. AUM !

Take a few moments of silence to allow the complete ascension to fully take place while remaining on Earth. Upon complete merger with the Light in consciousness and in your four body system, recite the following affirmations of truth:

I call forth to Helios, the Solar Logos, to now send forth into my consciousness through my crown chakra, the sixty-four Keys of Enoch in all five sacred languages so they are fully integrated into my being on Earth. I Am that I Am. AUM!

I fully affirm my identity as the Eternal Self, the Christ, the Buddha, the Atma, the Monad, the I Am Presence on Earth in service of humankind. I Am that I Am. AUM!

I fully affirm that I Am physically immortal and I can, if I choose, remain on Earth indefinitely



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without aging! I Am that I Am. AUM!

I see every person, animal, and plant as the embodiment of the Eternal Self, whether they are aware of their true identity or not. I Am that I Am. AUM!

I am now the perfect integration of the Monad, Soul, and Personality on Earth. I Am that I Am. AUM!

I Am now a fully ascended being who has chosen to remain on Earth to be of service to all sentient beings! I Am that I Am. AUM!

Kodoish, Kodoish, Kodoish, Adonai Tschayoth! (Holy, Holy, Holy, is the Lord God of Hosts!)
Kodoish, Kodoish, Kodoish, Adonai Tschayoth! (Holy, Holy, Holy, is the Lord God of Hosts!)
Kodoish, Kodoish, Kodoish, Adonai Tschayoth! (Holy, Holy, Holy, is the Lord God of Hosts!)
I Am that I Am. AUM!

