



TRANSCENSION GATE

for your Soul

Claim your Worth

Course Contents at a Glance

- ◆ LESSON 1: CALIBRATE yourself to the Universal Oneness Resonance so that you FEEL CONNECTED
- ◆ LESSON 2: DOWNLOAD your SELF-WORTH CODE that might have been missing in your "files" this lifetime, and LEARN HOW TO USE IT
- ◆ LESSON 3: ACTIVATE the energy-pattern of SELF-FORGIVENESS so that the next time you run into trouble, you will have TOOLS to remain self-loving
- ◆ LESSON 4: TRANSMUTE lower negative emotions so that you do not get stuck in them anymore
- ◆ LESSON 5: UNPLUG from the lower astral morphogenic fields so that you do not have to feel everyone else's issues in addition to your own!
- ◆ LESSON 6: CLEAR habitual negative MENTAL LOOPS that generate your NEGATIVE SELF-TALK, and RETRAIN your mind and the energy field to DIRECT YOUR THOUGHTS DIFFERENTLY
- ◆ LESSON 7: TRANSMUTE the "artificial love" emotion of SELF-PITY so that you can TRULY LOVE YOURSELF from the Higher Self
- ◆ LESSON 8: BECOME the SOURCE of your own lovability, so that you are not dependent on anything/anyone external to feel LOVED and WORTHY.

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LESSON 1

Calibration to Oneness Resonance

1. Tune into the Vertical Tube of your energy field, then expand your awareness to the egg-shaped boundary;
2. As the planetary energy flows through you, feel yourself one with the planet;
3. Expand your awareness further – to include the Solar System, and more;
4. When you have gotten to a comfortable size, breathe and just hang there – expanded, peaceful. Notice how this expanded state feels to you:

5. Everything is interconnected in the Universe, and the space you are occupying with your awareness is interpenetrated by the resonance of Love from the God Source. Let yourself feel this Love resonance – what is your experience?

6. Allow yourself to feel it in your heart – feel yourself loved by the Universe.
7. Breathe this love Oneness Resonance throughout your whole body and the energy field – let it resonate through you.

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LESSON 2

Downloading the Self-Worth Code

1. Tune into the Vertical Tube of your energy field, move your awareness up and down a few times inside it;
2. Allow your awareness to rest at the belly area, inside the vertical Tube at the height of the 2nd chakra;
3. Tune into your experience of worthiness – notice what comes up? Are there any issues of unworthiness?

Do you feel yourself as worthy/important/deserving as the Universe itself or do you feel smaller?

Look for the areas where your personality believes in your unworthiness of love. What are these beliefs?

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4. Let this go, tune into the Vertical Tube again, but this time breathe and with every breath expand your awareness from both ends – down into the planet, and up into the space;
5. Keep breathing and expanding until you feel like you and the Universe are the same – you become one;
6. From this place, as an impartial loving Observer, look at the Lower Self unworthiness beliefs that your personality carries – do they still seem valid?

7. Allow these negative self-limiting beliefs to dissolve, as you remain an Observer. What does this process look/feel like in your system? What comes up as you are letting self-limiting beliefs dissolve?

8. Once you feel all that could dissolve did, allow yourself to return towards your center – pull in with every breath, from the stars into your crown chakra and from the center of the Earth into your root;
9. Now tune into your vertical Tube at the height of the 2nd chakra again – notice that you now have the Self-Worth Code active (there still might be some negative beliefs, but you do not believe them as much anymore).

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LESSON 3

Self-Forgiveness Pattern Activators

1. Tune into the Vertical Tube of your energy field, move your awareness up and down a few times inside it, then expand to your egg-shaped boundary;
2. Allow your awareness to rest inside the vertical Tube at the height of the heart chakra;
3. Take a deep breath and imagine a ball of loving pearlescent light energy growing inside your heart with every breath;
4. This loving pearlescent light is the Universal Love resonance – let this energy grow beyond your heart into the energy field until it fills up the entire egg-shaped bubble of your aura;
5. Take a moment and float in this Love energy – you are supported, loved, and forgiven for not being perfect, for being lost and confused, for believing separation – you are now one with the God Source. What does this pearlescent light feel like to you?

Find as many details as you can – texture, temperature, color, smell, sound, spatial experience:

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6. When you feel enough of this energy, allow yourself to bring it back towards the heart chakra – the bubble of pearlescent light will get smaller and smaller, fitting back into your chest;
7. Once the pearlescent light of Love has returned into your chest, scan your energy system – you will notice that it left microscopic “droplets” or “crystals” of itself throughout your energy field – these are Self-Forgiveness Activators. What do they feel like to you?

Even if it's a vague sense, what is it? Do they feel like melted crystal? Like sparkles? Like glitter? Like soft rounded marbles? Like honey drops? – study your system so that you can recognize them.

8. These Self-Forgiveness Activators are now installed into your system. When you run into self-judgment, insecurities, not-enoughness of any kind, it might be hard to build this pearlescent light bubble in your heart again in that moment, but it will be easy to tune into these tiny activators of forgiveness throughout your field – resonate with them, and the pearlescent light bubble at your heart will grow, helping you let the judgments and non-enoughness go.
9. You can repeat the expansion into the pearlescent light, then compression back into your chest as many times as you like, in order to become more away of these Self-Forgiveness Activators.

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LESSON 4

Transmuting Lower Emotions

1. Tune into the Vertical Tube of your energy field, then expand your awareness into your field – intend to connect to your Unconditional Love body (it is the 6th energy field, the higher feelings of connectedness, unconditionality, beauty, peace, and love);
2. Notice how it is smooth, light-weight, transparent and airy, beautiful, soft. If it is not very bright, breathe into it – allow the energy to build with every breath – until your whole egg-shaped field is filled with the pearlescent light of Love;
3. Great, now let this go please (we'll get back here, don't worry!)
4. Imagine shrinking yourself down into a little ball at the center – very tight, hold it for a moment;
5. Then focus on your Emotional body (this is the 2nd energy field, filled with your personal emotional reactions to life, the colors are heavy and bright, but not all beautiful and clean);
6. Notice the chaotic energies flowing inside it – do you know what is going on in there? Can you direct this chaos into order? Do you feel helpless when the storms come? What does your Emotional body feel like to you?

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7. Tune into the emotion you are afraid of – like when you are not able to stop yourself from doing something you know you shouldn't, or when you do not like something and ruin your own and everyone else's time, or when you feel bad and this feeling controls your mood until it eventually runs out, etc. Pick ONE emotion please (you can repeat this step if you want to go for other emotions)

8. Where does this emotion live inside your emotional body? Find its location:

9. Once you located where this negative emotion lives, bring your awareness into that spot – then intend to connect to the Unconditional Love body at the same spot (you are at the same location but moving up in frequency from the lower disharmonious to the much higher and harmonious energy);
10. Feel that this same spot is lovely and beautiful on the Unconditional Love body level!
11. Refocus on the Emotional body – did the area harmonized? Repeat this back and forth resonating until it harmonizes.
12. This is what you can do when you run into an emotion you feel is controlling you – find its location, move up in frequency to the Unconditional Love body, and then back and forth until the lower emotion is transmuted and has no hold over you anymore.

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LESSON 5

Unplugging from the lower astral Morphogenic Fields

1. Tune into your personality – call yourself by name – this is you in this lifetime;
2. Feel your body inside the egg-shape bubble of your energy field – this is you;
3. Do you like yourself? Do you see yourself as a precious treasure, or a hot mess?

4. is your assessment of yourself based on? Look into the inner assumptions that you have about yourself, about how you should be, about what is expected of you;

5. Where did these assumptions came from? Perhaps your parents? A Teacher at school? Your family tribe? Social "norms"?

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6. Feel the threads going away from your field into space – these are the links to someone else's beliefs that you have adopted;
7. Scan if some of these threads have a hook on the end – if they hook into you (look for the exact locations where they are anchored into your body/field) keeping you trapped believing someone else's assumptions about how you should be;
8. All these threads and hooks generate a resonance between you and the negative morphogenic fields – the same fields that your parents, teachers, family tribe and socially "normal" people plug into and are limited by;
9. Envision yourself getting very bright inside your body and the egg-shaped field – so bright that your Light burns through and cuts all of these threads and hooks – melts them, erases them, transmutes them;
10. Hold the light as bright as you can in your field for a moment;
11. Now tune into yourself again – call yourself by name – this is you in this lifetime. Do you like yourself? Do you feel present, confident in your strength and uniqueness? Do you Feel loving and kind towards yourself?

There are still issues in your system, but they are only your own – anything that was triggered and maintained by the negative planetary morphogenic fields is removed.

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LESSON 6

Clearing habitual negative self-talk loops

1. Tune into your egg-shaped energy field – notice all of the activity there, the habitual pathways how your energy flows (think of them like tiny train-tracks laid out throughout your field, in your body and brain, that your habitual thoughts and emotions travel through);
2. Think of your "favorite" negative self-talk loop – perhaps it's a type of self-judgment? Or self-punishment? Or maybe you return again and again to your unworthiness of love, support, abundance? Maybe its habitual insecurity about your own abilities?

3. Once you have figured out your favorite negative loop, look for it in your energy field – find that train-track. Where does it run? Do you feel this negative loop always going through your heart, closing it? or through your belly, minimizing you? or through your head, making you immediately confused?

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4. Examine the sequence of internal events which activate this negative loop – do you first have an external trigger to activate it? Or, is the trigger internal? Is it a thought you bump into? Or, an emotion you felt that activated the loop? Find these, name them;

5. Take a deep breath – imagine what would a positive habitual flow look like? Feel like? Would it follow similar but slightly different path? Would it flow in reverse from the negative one on the same train-track? Would it open a chakra instead of closing it when flowing through it? Envision it in detail:

6. Now you are going to play the traffic cop – tune into your negative loop, see it all at once with the energy flowing in a habitual pattern (it might look like an ugly ribbon in your field and body), then DIRECT the energy differently – use your intention to navigate the flow into the pathway you envisioned for the positive habitual flow;
7. Test it – give yourself a trigger that you know usually activates your negative self-talk – where does the energy go? See it flowing into the positive habitual pattern and notice how you feel different.

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LESSON 7

Transmuting Self-Pity (Lower Self enabling)

1. Tune into your Vertical Tube and your heart chakra – feel the Love energy flowing through it;
2. Notice the strength of your whole system when you are present in your center like this;
3. Now let it go (we'll get back here, don't worry!)
4. Tune into a moment in your life when you felt victim-like – felt sorry for yourself and wanted to comfort yourself without having to change anything:

5. The energy of pity is enabling the Lower Self to remain in power – you get to feel “right” about remaining a victim, without having to change anything, without believing in your inner power, while at the same time giving yourself a substitute for Love energy – pity;

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6. Notice how this pity energy is a pale echo of the true Love energy. Notice what your 2nd and 4th chakras look like? The 2nd is the "needing child" and feels like a "gaping hole", a "bottomless pit", it is hungry. The heart chakra is probably small, compressed, or closed all together;

7. Now take a deep breath and let this pity and victim state go – tune back into the Vertical Tube and open the heart chakra, filled with the Love energy;
8. Do you notice what is happening to the 2nd chakra? It is being fed the right way, it is not a victim anymore and you are supported and loved.

Recognizing the difference between pity and love is the key to transmuting victim/pity into love.

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LESSON 8

Calibration for Self-Sourcing Love

1. Tune into the Vertical Tube of your energy field, then expand your awareness to the egg-shaped boundary. Do you find it easier to be in your Vertical Tube now?
2. As the planetary energy flows through you, feel yourself one with the planet. How does that feel to you?
3. Expand your awareness further – to include the Solar System, and more;
4. As you are expanding, feel yourself at the center – your awareness is in two places at once – in your center, and at the edge of your expansion. What is your experience?

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5. Feel the energy flowing from the outside and into your territory, to your center – enjoy that flow for a while. What is your experience?

6. Now REVERSE the flow – from the deep central place of You, allow the energy of Love to resonate out, into the space you are occupying, then further into the planet, the Solar System, the galaxy. How does this feel to you?

7. Notice both resonances at the same time now – the energy coming to feed and support you from the outside, and this fountain of Love energy from the inside of you to the Universe.

Be Worthy as the Source of Love!

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Cosmic Support

Practicing these 8 steps by yourself can be hard. We all tend to fall into our own unconscious habits easily and then blame ourselves for not having the results that we desire.

Do you want to have constant ongoing support for this?

Do you feel that you want to live your life's mission more than anything and you just need guidance, clarity and accountability to do it?

- I want to help you gain CLARITY on how to walk your path;
- To simplify your spiritual practice and make it very efficient and effective;
- And keep you ACCOUNTABLE to yourself every step of the way!

I have a very SPECIFIC WAY of how to shortcut all of this for you that has proven to be the most EFFECTIVE, EFFICIENT, and SIMPLEST to further your consciousness.

Would you like me and many multidimensional star beings to help you?

- You want to start walking your Soul path TODAY and implement consistently all of the work you've been doing in this Claim your Worth course!
- Want to simplify and shortcut to the correct steps with ease and grace;
- You need to know what to focus on and step out of overwhelm;
- You need a conscious Higher Self Community to belong to;
- And you want someone to champion you as you walk your path!

I invite you to JOIN us in <https://transcensiongate.com/membership/>

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TRANSCENSION GATE is a multidimensional portal, co-created by the Solar Council & conscious non-physical and incarnate beings.

JOIN us at <https://transcensiongate.com/membership/>

Here is a QUICK OVERVIEW OF WHAT AWAITS YOU:

- ◆ Weekly 8-hour ENERGY-ACTIVATIONS to keep you ALIGNED with the Higher 3D Earth and multidimensional Source templates of this Universe;
- ◆ A monthly Masterclass Bundle to train you in specific techniques (like in Claim your Worth course) and for decoding your Soul messages;
- ◆ MENTORING from me, and many multidimensional beings on how to walk your life PATH with CLARITY and EASE;
- ◆ Specific MEDITATIONS from the Solar Council to SUPPORT you through the planetary adjustments, so that you remain in your HIGHER SELF no matter what goes on around you, and walk your path with CONFIDENCE & PURPOSE;
- ◆ ET SPOTLIGHT showcasing a particular Star beings' involvement in the SOLAR COUNCIL MEETINGS each month, guiding you to how you can do your part;
- ◆ A MULTIDIMENSIONAL COMMUNITY of non-physical conscious Guardians & currently incarnate energy-similar and like-minded Starseeds and Forerunners of Ascension on Earth!

JOIN us at <https://transcensiongate.com/membership/> RIGHT NOW!

Be LOVE. Be FREE. Be GOD.

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