

Introduction

We are witness to and participating in an exceptional point in the unfoldment of this reality: our currently regressive-dominant cycle of consciousness evolution is in the throes of transitioning to its next.

This transition can be likened to a grand-scale birthing process—one in which unimaginably powerful planetary, solar, galactic and other cosmic energies are rippling and reverberating not only within and through us but throughout this reality, the cosmos and the whole of existence and consciousness, steadily growing in intensity as this transition nears the convergence point wherein the current cycle begins unfolding into its next. The unfoldment and tumultuous nature of this macrocosmic and microcosmic interplay of energies is clearly evinced by the turmoil many are experiencing within themselves and in their lives, and by the rise in the frequency and intensity of regressive behaviors and occurrences around the world.

Whether one is aware of this processional transition or not, these potent cosmic energies and forces of consciousness—both regressive and progressive—are bringing into our awareness those aspects of ourselves and areas of our lives that are not in energetic sync with its unfoldment. These are the energies that many who are awakening to the truth of what they and this reality were created for are being called to transmute and transcend (heal) within themselves.

For those on a conscious journey of awakening being called to heal themselves, this vital work comprises *the process of self-mastery attainment*. Choosing and taking conscious actions to engage in this work empowers our capacity to attune to and ride the wave of transition to a version of this reality that will begin unfolding within an increasingly progressive evolution cycle.

This is in contrast to those who may be feeling overwhelmed by the influx and arising of these powerful energies and forces within themselves or around them, but are either unaware of this currently unfolding process or are aware of it and choose not to address the unhealed parts of themselves. Consequently, some of these individuals would likely continue evolving within a version of this reality comprising conditions which will become increasingly regressive-dominant as the cycle unfolds.

All that becomes manifest throughout the whole of reality arises from and unfolds through co-creative output (both witting and unwitting) by its manifest constituents. This dynamic applies to our evolution cycle transition as well.

The process of self-mastery attainment facilitates restoration of our capacity to expand our awareness of, transduce, emanate and anchor within ourselves and the collective consciousness higher-order knowledge and forms of co-creational energy (soul / Core Self-consciousness). In turn, we activate our capacity to generate the higher-order, higher-vibration co-creational output that is requisite to manifesting our inherent potential for transitioning to a more progressive-oriented evolution cycle. When we undertake the process of self-mastery, we are not only preparing ourselves for transition to a more progressive cycle, we are assisting this reality in birthing a more progressive version of itself that would unfold concordantly therein.

The current regressed state of human consciousness and conditions of this reality reflect an abysmal lack of knowledge and understanding of vital higher-order objective truths about ourselves and reality. Knowledge and understanding of these truths provides an operational framework that empowers our ability to attain self-mastery and the resultant higher-level awareness and co-creational capacities it enables.

A number of these vital truths have come to the fore and been made available to the public in the last 20 to 25 years by way of the internet. Because many of them are embedded within ancient esoteric texts,

extracting their true meaning and greater context can be challenging. In itself, however, the age of a particular teaching doesn't necessarily correlate to its validity or accuracy.

Sections of various esoteric texts and sometimes texts in their entirety are intentionally cryptic, if not deceptive. Many modern interpreters have oversimplified, omitted, misrepresented or otherwise distorted certain truths, both intentionally and unintentionally.

Humanity as a whole can only end its suffering and transform the human condition when these truths once again become common knowledge—when the aggregate of humans consciously, responsibly and wisely apply them in their day-to-day life situations with an essence-level understanding that reality transformation can only arise from and unfold through *self-transformation*... which unfolds along the path to *self-mastery attainment*—the epicenter of the ascension process.

Therefore, the preponderance of material in this book revolves around helping you attain and apply in your life greater awareness and deeper understandings of [this] higher-order knowledge. Although various aspects of the 3rd-density-dimension (3DD) tier of the system of control in this reality are addressed in certain areas, the interdensity-dimensional and spiritual components of self, reality and its unfoldments are the focus of this text.

I've been on my journey for 23 years. The content afforded herein is the culmination of in-depth research into diverse, wide-ranging topics and disciplines, intensive self-observation and self-mastery work, observing and studying others and our reality, direct knowing, personal experience and the knowledge and experience I've gained through helping clients attune to, honor and advance on their unique journeys.

My intention in creating and offering this guidebook is three-pronged. Because each self-mastery / ascension journey is particular to the individual and [meant to be] self-directed, the first prong of my intention

is to help you recognize, carve out and traverse your own unique path in ways that augment your progress and enhance your ability to become more self-supportive by helping you improve your mental, emotional, physical and spiritual well-being and faculties the along the way.

We are complex, multi-layered, multi-density-dimensional beings existing within a complex, multi-layered, multi-density-dimensional reality. For this reason, the self-mastery process constitutes numerous components. Thus, the second prong of my intention is to provide a comprehensive overview and approach to the process including knowledge of its foundational components and how to address them, along with key perspectives and a diverse compilation of techniques for engaging it and expediting your progress.

Regardless of how long we may have been on our journeys, new situations we encounter along the way (or the escalation of existing situations) can quickly throw us off course and back into regressive response and behavioral patterns. When we're in the thick of these difficult situations, we sometimes lose sight of knowledge or tools that could help us course correct more rapidly.

As such, the second prong of my intention encompasses presenting this material in a condensed handbook format for quick reference purposes. In my efforts to fulfill this intention, I often felt as if I were trying to fit an elephant into a pillbox.

This book is by no stretch of the imagination all-inclusive of every single facet, detail and nuance of the self-mastery process. Even so, the *essence* of the elephant in its entirety is intact within its pages.

Each of you has your own method of perusing non-fiction books. Some of you like to start at the beginning and work your way through to the end, while some of you might prefer diving into the material by way of the various segment titles to which you feel most drawn from one sitting to the next.

Obviously, there is no ‘right’ or ‘wrong’ way to read and the manner in which you choose to approach this text is entirely up to you. However, I invite you to consider going through this material in its ordered sequence the first time you read the book.

Though they comprise ‘stand-alone’ content, each segment flows from and expands upon prior segments wherein key information that undergirds and facilitates deeper understanding of subsequent material is outlined. For this same reason, I invite your consideration of reading this book to its completion before putting the material to use.

The third prong of my intention pertains to the day-to-day application of the information provided herein. As such, it is related after the main body of text.

Ascension path travelers are explorers in the unfolding story of humanity. They are bootstrapping pioneers who are willing to look past the familiar and its illusory certainty and venture beyond it into the unknown—not for personal gain or glory, but because they are starting to remember that they are adventurers at heart.

Perhaps some morsel of knowledge, viewpoint or turn of phrase in these pages will either stir or embolden direct inner knowing of that which you are here to contribute to the story—whatever it may be.

Your sincere aspirations and efforts to bring forth that contribution will be ceaselessly supported in ways that are tangible and comprehensible... and in ways you can neither touch, conceive of nor apperceive.