

3 STEPS
TO
SPIRITUAL
TRANSFORMATION



A JOURNEY INTO
CONSCIOUSNESS

DEBORAH FAITH

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www.ArchangelsAndDevas.com

For Michael

My Source of All That Is Me



INTRODUCTION

This book is intended as a guideline to help you in your transformation process as you merge your energy and consciousness with your Higher Source of Being, that part of you which is Perfect Love. We will help you in this transformation process by giving you 3 simple tools to help you release and let go of all that is *not* Love within you as this energy is directly related to the ego aspect of who you are here in physical form. In your transformation you will once again return to a state of Perfect Love – of *Being* Love in One Unity Consciousness with your Source energy.

All that is *not* Love has its roots or origins in negative energy and needs to be transmuted *into* Love so that you can experience yourself as *being* Love. Love is the single most powerful force in the universe. We speak of Divine Love here, the unconditional kind of Love that your Creator has for you. The kind of Love that does not judge, but loves and accepts all that you are, and all that you have been. It is the human condition to judge, and self-judgment is most detrimental to your transformation.



It is the human condition to think less of oneself because of the illusion of separation that has given you the gift of this experience. In truth you have never been separate, nor can you ever be separate from your Source. It is only within your lower ego mind that you can perceive yourself as being separate from that which created you. You are at all times connected to your Source energy and your Source energy has everything you have ever needed and will ever need. Everything you will ever need is already created for you, here in the cosmic heart of all creation, where everything exists, already waiting for you, waiting for you call, waiting for you to make the decision to let go of your fears and receive it into your living experience. You can only do this when cease all negative thought and actions that are self-sabotaging. Since Love overcomes all and there is nothing that Love cannot heal or transform, it is Love that will help you, it is Love that will guide you and support you. It is Love that will bring you back Home where you belong ~ in your Spiritual Heart.

Your Spiritual Heart beats in Oneness with the Heart of All Creation.

It is the Heart Beat of the Universe.

It is the Source of All That Is.



When you learn to live solely in your Heart, and not be wavered by your sub-conscious thoughts or ego driven mind, your life will be transformed into one of Blissful Union with your Higher Consciousness – the Source of your Creation. Your life will become one of ease and grace, filled with possibility and opportunity, and creativity and wisdom. You will have the World as your Oyster as you become the Pearl.

You are all Pearls and interlinked with each other. Through your transformation process you become a Chalice of Love – a cup that runs over with Love and spills out into the world around you, transforming your world and the people in it. You are to do nothing, except *BE* the chalice – *BE* the Love that is you! You do this by being in your Heart and by merging your energy with the One who created you. But first you must let go of all that is not Love. You do this through surrender.

The first energy transmission is a powerful healing transmission that is encoded with the energy of Divine Love. There is no limit to the number of times you can listen to this transmission, because as a grounded Spiritual Being of the Light in a physical human form you will always be on a healing journey of transformation. This journey never ends, but it does become a journey filled with Light, Joy and Bliss the more you become an embodiment for pure Divine Love!



During your transformation you will learn how to take back control from your ego and how to focus awareness in your Heart so that your life flows with ease and grace. You will learn that there is nothing that you need because everything you thought you needed is already within you. You will learn that there is nothing that Love cannot give you, and nothing that Love will deny you. *It is your job to be present – to stay in the NOW moment –* and to work in partnership with your Source energy to help you create a blissful life, a life of comfort and ease. A life filled with health and well-being.

In the second energy transmission we will help you to connect with your Source energy and we will guide you into energetic alignment so that you can begin to work in Divine Partnership, also called “Co-Creation” with your Source energy.

You will be able to consciously merge your energy with your Source energy which will help you to integrate incoming Light Coded energy faster. Your Source is always helping you integrate incoming energy but when you are working in unison, in partnership with your Source, you are co-creating your transformation and therefore creating your reality at an even faster pace.



Come, let us assist you now on your journey of transformation. It is to Love that we will guide you, and it is in your Heart that we will help you stay so that you too can experience a life of Blissful Union with the Divine that is within You.

Let the Journey begin!



STEP 1

Healing All That Is Not Love

In this first step you will receive healing energy to help you let go and release all that is not perfect love within you. This pertains to every physical aspect of your Self that identifies with the human Ego, whilst still being in physical form. You will let go of every bit of negative energy or misguided belief or thought you have ever had about yourself which is stored in the confines of your sub-conscious mind. This is what has driven the physical aspect of your Self since you took physical form as a Spiritual Being having a physical experience on Earth. For some of you this taken place over eons of 'time' in the many thousands of lifetimes you created in order to know yourself as a Being of Love and Light. In some of those lifetimes you chose pathways of Light. In others you chose pathways of darkness in order to experience both polarities of your Self. All has led to enormous spiritual growth and expansion for your Soul Self, and none of what you experienced should be thought of as a right or wrong. All is truly a gift and a blessing even though it may not appear to be so at the time.



Any and all negative energy that you created whilst experiencing your physical human Self must be accepted and healed in order for you to align yourself energetically with your Higher Self and Consciousness. In this process you are being healed and returned to the blissful state of Divine Love, as this is in Essence who you truly are as a Sovereign Being.

Light is Love. Love is Light. Love is All There Is. The Everything. The Source of All..

As you return to this state of Being you are receiving higher vibrational energy from the Source of All. In essence you are merging once more with the Higher aspect of who you are as a Spiritual Being of the Light. This process is most often extremely discomfoting for your physical body and your body may even develop disease and illness as a way to release and process large clumps of dense energy. Do not become alarmed at this, it is all just due to the surrender and releasing process. Negative energy will always cause discomfort. You may notice that when you release fear energy your physical body becomes very weak. This is why we have created a healing meditation and transmission recording for you to listen to which will help you release and surrender these unwanted energies. In the recording you will be connecting with your Higher Self and Consciousness and other Beings of Light who will assist you in the releasing of this negative energy.



You are guided to listen to this meditation often and to hold the intention of being healed. Love is the most powerful force in the Universe. Love holds the power of transformation and there is nothing Love cannot heal or transform. It is Love from whence you come Beloved. It is Love that created you. And it is to Love that you will return.

We speak here of Divine Love – *Unconditional Divine Love – Perfect Love* - as this is the kind of Love that you will once more become as you merge with your Higher Self and the Source of your Being. Unconditional Love is total forgiveness and total acceptance. It does not question, and it does not judge. It observes and creates. It does not react. It is compassionate and kind. It is humble and it is Great. It knows that all is as it should be. Unconditional Love knows Peace and Joy and True Freedom. This is the Love that will set you free from the cycles of birth and death!



STEP 2

Finding Your Source Within

In this second energy transmission you will be guided on how to form an energetic alignment with the Higher aspect (part) of your Self. For some this part of you is referred to as your Higher Self, your Soul Self, your Source of All, for you will learn that there is nothing that you are not. You are *infinite* in your creation. You are perfect in every way even though you may now perceive of yourself as being imperfect. Know that your Higher Source sees you as nothing but perfection.



It is this part of you that you will find within what we have called your Sacred or Spiritual Heart. The Sacred Heart is the portal or gateway to your Highest Consciousness and it is found within your High Heart. In the meditation we will lead you into energetic alignment through your High Heart energy center – a portal of energy centered in the middle of your chest area. During the meditation you will feel this area expand as it opens to receive in more Divine Love energy from Source. Sometimes this expansion can be experienced as being uncomfortable, but it is not painful. As your High Heart energy center expands you may also experience some discomfort in the back area – between the shoulder blades. This too is normal and you should not become alarmed by this. Rather be joyful as this expansion allows for a greater sense of Being Love. You may also experience the energy in your High Heart beginning to move in a spiral motion. This energetic spiral or vortex will begin to move slowly at first and then move faster and faster when you are in greater alignment. When you are in this energy vortex, you are in your greatest power. This is what we have referred to as your Core Power.

When you are in alignment with your Higher Self and Core Power, say “Hello” to this aspect of your Self, and begin to form a relationship with this part of your energetic make up. This is truly the beginning of a magnificent relationship. Your Higher Self wishes for nothing more than to have a close friendship and bond with you. Speak to this part of your Self as you would to your closest friend, your spouse or your lover.



Your Higher Self knows you better than you know yourself. It knows your every thought, and it knows every single word you have ever spoken. It knows every brain impulse you have ever created. It is always with you and always guiding and supporting you through your intuition. The more you are in alignment with your Higher Self, the closer you become and the more you allow your Higher Self to help you in your life and your transformation into higher states of Consciousness.

“All of the misery in your life comes from the mistaken belief that you are powerless” –

ACIM (A Course in Miracles)

It is once you begin to live in your Heart and in daily communion with your Higher Self and Source energy that you begin to attain your full potential as a grounded Being of the Light.



STEP 3

Becoming Source



In this 3rd step you will be taken deeper into an intimate relationship with your Core Power and the magnificence of your Higher Source of Consciousness. This will form the basis of a deeply profound spiritual experience that will sometimes have you weeping tears of joy! You will experience so much Love that at times it may feel as though your heart is expanding beyond anything ever experienced before, and this is exactly what is happening. Never before in your physical existence have you ever felt such Love. You will be filled with a sense of bliss and joy and you will seek to go often into your Sacred Heart to replenish your Self of this perfect Love. Love becomes your nourishment.

It is here in your Sacred Heart that you are merging with your Soul and the true origin and Essence of your Being. This is the most profound relationship you can ever have whilst in physical form and the most rewarding. Whilst you are in this Divine Space, you will realize that you need nothing because you have everything. This feeling will carry over into your life experience and you may begin to feel yourself as being ‘separate’ from others with whom you interact with on a daily basis. This can be difficult because you are still ‘in this world’, even though you now know you are not ‘of it’. You may find it difficult to carry on living among those who are yet to awaken into your level of reality. Know that this becomes easier over time as you develop a strong sense of love and compassion for all living things. You will now truly



know what it feels like to be a spiritual being having a physical experience. There is no greater accomplishment than this.

You are guided to go into your Sacred Heart often and spend ‘time’ with your Highest Source. Look upon this time you spend together as your Sacred Time, in your Sacred Space. For the Heart is and always will be your Sacred Space, for it is the passageway, the gateway to your I AM Presence, the Divine Soul *that is you*. The more time you spend in your Sacred Heart space with your Source, the stronger you will become as your merging energies truly are becoming One in Unity Consciousness. You will find that when you are in Divine Union and Presence with your Core Power and Source energy, you are in effect *co-creating everything* and therefore only good and that which is positive can flow into your reality.

At this point the letting go and surrender becomes so much easier as your Source energy is now working in co-partnership with you. You will continue to release negative energy – all that is not Perfect Love – until the time comes when you will no longer experience any resistance from ego. Your ego will always be a part of your physical experience, but it will no longer be creating resistance as you merge and transform into the Light of Pure Love. At this point, when all resistance has crumbled, you will be able to fully merge into your Source energy and become



One. This experience is what is termed Nirvana, or Spiritual Ecstasy. This is the orgasmic bliss of which we have spoken. It transcends the physical and is entirely a Spiritual experience.

It is this experience which your Soul yearns for. This is your Birthright and your Gift. At this point you are welcomed Home into the Heart of your I AM Presence and Source energy.

This is the goal you have been striving towards in your transformation and you will be energetically assisted in every way to help you achieve this ultimate state of Being. This process, however, could take many years. It all depends how much time you gift your Self in this process. Remember this is your reality and you are the co-creator of your reality, therefore it is up to you how much time you spend in your Sacred Heart. The more time you spend there, the faster your transformation will happen.

We wish to say at this point that your transformation begins to take on a whole new level. Several new levels in fact, and therefore several levels or dimensions of consciousness will be experienced. You will find yourself becoming multi-dimensional in your awareness and you will begin to navigate various realities in 'no-time' as a multi-dimensional being of Light. Each of your realities are different because you are living many different time-lines or lifetimes within



the space of the NOW. Since the concept of 'time' is not linear in its true nature, all is happening in the present. We call this the NOW moment and how you begin to perceive this is by being in Presence. You will begin to access your different timelines in dream state at first and then you will progress to a point where you will be gain access or awareness of various realities and states of being in your awake time.

Through the merging with your Higher Self and Source energy you will be merging all these different aspects of yourself as each one is healed. This means that eventually your timelines will converge and become One in Unity Consciousness within you. This is an exciting experience!

Another exciting experience as your energy merges more and more with your Higher Consciousness and Source energy is that you will begin to experience the unleashing of your Kundalini energy. This is your sexual energy that has lain dormant until now. You will find this energy unfurling like a serpent and rising from your base chakra at the base of your spine, up into your Heart chakra, and up further still until it moves up through your Crown into your Soul Star chakra at the top of your auric field. At this point you will be merging your energy with your Sacred Self in the most profound and Spiritual sense of Oneness you have ever before experienced. Know that this experience is one that may take many years to accomplish, but it will happen. This too is your birthright. To experience Spiritual Oneness with your Supreme



Consciousness and Creator is the highest experience a Soul can achieve whilst in physical embodiment.

We wish you Love, Love and more Love. There is nothing else you need in order to achieve full Spiritual transformation into Source, except perhaps a willingness and determination to devote the time to do so. However long this process takes, you will once more reunite with Source energy and you will know yourself fully as a Flame of Divine Love.

Your Source energy is Pure Love.

You are Pure Love.

And

Forever more you shall BE Love.



GLOSSARY OF TERMS

Source energy – This is the highest aspect of your Soul Self, and your Higher Self. Source energy is the Source your Being and Source of your Creation. This aspect of Being is pure Spirit. Bear in mind there is no beginning and no end to You. You are Infinite.

Soul – Your Soul is You. It is the part of you that houses your energy - the physical, emotional/mental and etheric bodies that make up who you are as a grounded spiritual being of the Light.

Oneness – This term is used to describe the experience of higher dimensional beings. We as Beings of the Light experience ourselves in pure spirit form in a state of perpetual Love and Oneness with All Life. We know ourselves as the Light and since the Light is Love made manifest in all Life, we know ourselves to be All Things, Everything. This is the higher aspect of Oneness as felt in the higher dimensions of consciousness, however, in this book we speak of Oneness within your Self. This means that through your transformation you will experience Oneness with your Source energy, as you (in your physical expression) become One again with your Soul Self.

Divine Love – This is the highest vibration of Unconditional Love you will ever experience. Know that Divine Love has many frequency levels and you will experience these as your travel up into your Higher Consciousness and awareness of Self.

Multi-dimensional – This is the experience of holding within your conscious awareness several levels or dimensions of consciousness simultaneously. You will over time begin to consciously navigate between the various dimensions simply by using the power of intention.



