

Aligning with the
2020 ENERGIES



**WELCOMING THE NEW LIGHT
AND THE NEW EXPERIENCE**

BY SANDRA WALTER

WELCOMING THE NEW CONSCIOUSNESS

Blessings Beloved ~

Pure Ascension frequencies are flooding our realities and consciousness, in order to reveal the already Ascended planetary platform for a brand new experience known as The New Earth. That vibration saturates open hearts to provide a new experience of our Christed Self and Source-Self.

This ebook is intended to serve as preparation and reminders for our transition into a new level of Embodiment. The merge of Higher Selves and the lower self is a beautiful process which takes focus, dedication and a wide-open heart. 2020 brings us the strongest light levels of our process; and they have already begun to shift our awareness. And so, we prepare and fine-tune ourselves to receive this opportunity with as much ease and grace as possible.

The return of Source-as-Self awareness is a very real, palpable experience for many. It washes away worthiness issues, judgments and stereotypes of the Christed Self of the past. We are creating something brand new, which has not been done before during a planetary Ascension cycle.

Venturing into a new state of awareness is fully supported by the energies in this Now.

The light levels will get more intense - in a good way - in 2020. Use the suggestions and guidance in this ebook to fully support personal and collective transformation.

IN LOVE, LIGHT AND SERVICE,

Sandra Walter

ASCENSION GUIDE



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GATEWAY PASSAGES

Our Higher levels provide these linear dates as a hearts-up for increased Ascension activity. When we pay attention, we bridge the worlds by becoming a conduit for the Light and higher realms. Much has been accomplished with the New Crystalline Grids; all is in place for spiritual revelation. As always, Unity is the pass-key for stronger influxes.

Participate in these Gates through ceremony, meditation, prayer, unity and conscious focus on *New Earth Now*:

Pre-December 1: Align with your Highest intentions for how your personal and collective 2020 will unfold. Timelines continue to divide; choose wisely.

December 4 - 9: Heightened energies begin. Gates open for the 12-12.

December 11: Full Moon at 9:14pm PST: Timeline choices challenged. Stay focused.

December 12: 12-12-12 Gateway. Seven year anniversary of Gaia's Ascension. A very strong passage for those who received the Ascension activations on the 12-12-2012. Gaia unlocks next-level DNA codes for Christ/Crystalline Embodiers. This is the last year for the activation date sequences (11-11, 12-12, etc.) Align with it Now!

December 21: Solstice at 8:19pm Pacific Time (UTC -8). Birthing the New Self. Embodiers; expect to be sleepy, dreamy and deep in the cosmic reunion. Timeline and higher choices amplified. Collective DNA activation. Manifestation of aligned creations.

December 25: Solar Eclipse peak at 9:18pm PST (UTC -8) and New Moon at 9:13pm PST (UTC -8) Next level of Embodiment actualization. Very strong positive Light influx.

January 1- 4: New Year's transformation Gate: New beginnings are amplified by collective focus. The 2020 clarity begins to penetrate at a global level.

January 10: Lunar eclipse peak at 11:10AM PST (UTC -8). Full Moon at 11:23AM PST. Next-level Freedom Code activation. Solar activity on the rise, reflecting the SUN of God Embodiment. Stabilizing the new consciousness, strong creative energies push for New Earth Now and highest path for Embodiers. New Cosmic stargates opening January 13.

PRE-DECEMBER ALIGNMENT

An Honest Inventory of your Path before December

Most of our collective 2020 timeline choices are already in motion. However, the final 2020 Gateway launch begins December 1 and flows through January 13. Before this heightened energy arrives, give yourself the gift of an honest inventory of your path. Dream LIMITLESS. If you opened this after December 1, do it Now. The Gate is Open.

*Ascension reveres heart-based creativity, because that is a foundational aspect of the New Earth realm. **Be brave, dear hearts.** The New Light of Bliss is strong medicine which opens the Divine flow of pure creation.*

Light-ground your highest choices for your journey. Write them down, draw them out, crystal grid your personal and collective intentions. Now.

- **What are your highest trajectories**, expressions, services or creations for this next phase of your Ascension? What is your unique expression of Source?

- **What needs to change**, shift, simplify, or be surrendered in order to free yourself for your full expression? Beliefs? Habits? Location? Relationships? Lifestyle? Self-care? Physical, emotional, mental, spiritual alignment?

Use the timeline shifting energies. Move in the direction of those dreams, energetically and physically, Now.

Claim your creation, you receive whatever you agree to and focus on during this highly-charged Gateway. These energies AMPLIFY all intentions, providing support for free will choice. Be clear and direct with your intentions, feelings and Creator-Self.

No more waiting game. The Gates are open. Drop the stagnant or stuck energies. What higher choices need to be felt and actualized Now in order to express as you choose?

Heart-test: Use the classic Feather and Heart scale. What makes the heart feel light, open, free? It's not a busy-ness plan, it's a freedom plan for the Now.

New Earth is a very open, present state of BEingness. Practice visualizing, feeling and actualizing your unique, expansive Self in the Now.

THE FREEDOM CODES

The 2020 collective timelines are already in play. Codes which support our Ascension are opened by time-locks, or trigger points when the combination of planetary, collective and cosmic energies align to unlock sections of the Living Library within Gaia, the new crystalline grids, and your own DNA which is supported by Gaia.

We are in a heightened passage of un-locking the Freedom codes for New Earth in this Now. The December- January Gateway is a heightened, transformational passage for all. Widespread Embodiment is on the rise, bringing us into a new collective experience.

This is a perfect moment to utilize the energies, codes and influxes to create your brightest 2020 vision!

Freedom codes, available since July 4 this year with the Crystalline Corridor activation, support the next step in our Ascension.

- **Freedom from old belief systems** about how we operate in these realms. Freedom from old stereotypes and expectations of of the Christed Self.
- Freedom to **actualize your highest expression**, Ascension and Source-as-Self in the physical.
- Freedom Codes must be activated by **free will choice**. Follow the alignment practices in this book, call them forth to activate to the highest level for your journey. Meditate, Visualize, and FEEL freedom.
- Freedom codes **amplify free will choices of the Source of each creation**: Good gets better, Divine gets Blissful, disharmony gets more intense. It returns us to **fully awakened conscious creation** of our personal and collective journey.

Many are using these Freedom codes to amplify their Embodiment and Ascension. That is their purpose. Align with *New Earth Now* dynamics, and the energy of Divine Love will support your heart-based choices. Call them into your awareness and DNA Now!

ALIGNMENT & SUPPORT

Here we glow! The energies are thrusting us into the next level of Embodiment, where our Higher Selves merge in ***constant communion*** with the lower awareness in physicality.

Embodiment of the Christed state is a radically different state of consciousness; a brand new way of operating in these realms.

Crystalline DNA reconnects strands/fields/layers and directs the body to reflect the intentional, requested, activated experience in the Now. We work with quantum dynamics, calling the future Ascended Self to merge with the physical vessel.

The body and lower consciousness need your full support to transform into your desired outcome. We refine our process and prepare to receive.

Here are a few tools for fine-tuning the brightest experience: *Use your discernment for your own abilities, health and consciousness.*

Physical Detoxification Now: Get the cells open and clear to receive more Light. Metal/Liver cleanses, green juice cleanse, etc. You will FEEL the difference.

Three Day Water Fast: Three days of pure, intention-activated water only (no food or juice). The classic way to reset your cells, DNA and Lightbody. *Use your discernment; start with one day a week if you are new to this. Work up to once a month.* It conditions and balances the body to accept the higher awareness and open the Heart field.

Emotional Detox: Embodiment requires shedding doubts, fears and the past. After years of clearing, we are prepared for Freedom. Higher light means refinement of our consciousness. Notice the **higher bliss and higher clearing** happening at once. Balance is required, take time to acknowledge and release, moment to moment.

Mental Detox: Unity Consciousness entails connection to everything. You feel, see, and hear more information. How you deal with it is your level of Christed Consciousness. As your Multidimensional Self becomes your conscious reality, you choose what to focus on. Direct your thought patterns to the desired outcome. Peaceful, unifying practices rather than scattered focus. Whenever you become distracted by the distortion, **pause and redirect** to your preferred reality.

ALIGNMENT & SUPPORT

Space Detox: Time to tidy up, simplify and clear your space. Get rid of the old; demonstrate your willingness to make space for the New. Many are moving again; follow the guidance to be where you are needed, and open for new creations.

Crystal Clearing: Crystals and supportive sacred tools need to be cleared and opened for New Light. Do this Now.

De-stress: Meditation, yoga, music, light language, exercise, swimming, dance, flowing movement, creative play, quiet time, unity meditations, communing with our Higher Levels, be in nature where the activations are easier to receive. We amplify the peace within to balance the effects of the external scramble. **Higher frequencies are a literal higher vibration; they shake things loose from the collective density.** That activity is there, but it need not be your dominant reality. Fan the Sacred fire within by staying calm, free, balanced and open to the higher reality.

Quality sleep: Getting good sleep right now is important. These are deep integration days of very high frequencies. Honor it. Dreamstate is busy with clearing. Rest often.

Hydration: Water is a sacred tool for delivering frequencies. Our DNA swims in it, our cells receive information through it. Drink plenty of pure, activated (blessed, structured, intentional) water. Plasma influxes dehydrate us; use water as medicine.

Meditation: Our DNA is receiving a new level of consciousness, which affects the physical. The crystalline structures begin to hold higher levels of light intelligence (purer information) to support the merge of the Higher and lower self. **Meditation provides conscious integration of the merge**, opening us the the expansiveness within. Pineal activations will increase. **Meditate to clarify that 2020 vision!**

Intention Alarm: Having trouble staying on point? Reset your intentions four times a day with a gentle chime alarm on your phone, labeled INTENTION. Pause, breathe, balance, hands on the heart, center yourself. State your highest intention, realign, reset the energies for your path, and move forward with creating the highest outcome.

ALIGNMENT & SUPPORT

Transparency/Disclosure Detox: The more honest and authentic you can be about your own journey, the sooner the external will reflect that reality. Many are courageous enough to share their truth with an open heart, and this is creating widespread disclosure timelines to unfold. The Ascension Tribe focuses on Spiritual Disclosure as the highest revelation, because it changes everything. Disclose with peace, forgiveness and highest interests of all concerned.

Language Detox: Speak your Mastery. Our communications (spoken, written, thoughts) create a vibrational match with your light signature when we speak as the Higher Self. Compassion, Love, Divine Neutrality, authenticity, unique solutions.

This is important as we enter a new light level amplifying free will choices. Your words are powerful reflections of your choice of reality.

If your conscious choice is the Ascended experience:

- **Do not create distortion**, duality, separation or judgment with your words
- **Avoid self-depreciating language**; honor yourself and others with supportive words
- **Catch yourself in negative language habits**, and shift/flip the language in the moment
- **Be transparent with friends**; let them know that you are changing the way you speak about the world and others. Encourage them to do the same.
- **Gently stop the conversation** when it goes low-vibe. Don't speak ill of others, especially if they are not present.
- **Become a Heart-based communication pro**: Shift the topic, pay a compliment, offer supportive solutions rather than low-vibe complaints.
- **Use the SO IT IS**. Say this after everything you speak, think, feel or do to become aware of what you are creating - or supporting.
- **Mastery Invocations/Decrees override lesser communication**. Use them to retrain your words, thoughts and Heart.
- **Drop the blamethrower**. Take responsibility for this realm, it is a co-creation. Move out of blame and into creative solutions. Deny access to the waiting game.

Special Note:

Many Lightworkers have been coerced into fueling realities of doom, fear, suspicion and slow-crawl Ascension through their communication and focus on what is wrong (a negative program which is losing steam). Some even speak ill of other Lightworkers (another negative habit). We can all do better. Make the shift - override the fear - to focusing on the Truth of Love, peace, and open-hearted observation rather than judgment. **Offer positive solutions and notice the changes in your lifestream.** Expressing an open Heart is scary to most; face that fear.

DNA ACTIVATION

We utilize Crystalline/Christed/Divine HUMAN DNA as a Gateway to a new experience, because it bridges dimensions and densities (sometimes known as the rainbow bridge). The frequency of Christ consciousness shines through Crystalline DNA, allowing the experience of Ascension in form.

Coherence in the Heart, light quotient, and the ability to be conscious in the merge of Embodiment shifts our realities. Those realities are already created. Gaia has already created that platform for the New Earth experience. We are migrating our focus, bodies and lightbody to expand and align with the vibrational bandwidth of New Earth, where Christed BEingness is the norm. Gaia will reveal this to many during these Gateways. She has your DNA records, she remembers you.

Embodiers: This is the next step in our Transformation. There is a strong physical, mental, emotional and spiritual transformation unlocking right Now in first Embodiers. It allows for collective DNA activation.

**Crystalline structures + Crystalline DNA Activation =
More information in the awareness, and a New Experience**

Adepts and Masters: Align with the fields of DNA which already hold the Ascended consciousness of the Higher Self. Those aspects of Self are a brand new experience to the body consciousness, yet feel familiar to the Heart center and pineal.

Remember it is YOUR DNA, and nothing prevents DNA activation except YOU.

There are several DNA-related videos on my YouTube channel. Visit and subscribe at:

<https://www.youtube.com/c/AscensionPathwithSandraWalter>

COURAGE & RESPONSIBLE CREATION

Have the Courage to be in New Earth Mode, Now.

Make this a morning practice after meditation: Take a few minutes to FEEL, visualize and rehearse your desired reality. Let it flow, really expand what is possible for your path. Smile, breathe and feel New Earth Now, allow the Freedom codes to activate (note: this is how you unlock them!) Spend some time visualizing with gratitude, compassion and forgiveness the highest positive outcome for all concerned.

Then take action, and mix up your day to open up to a New vibrational reality. Act as if your highest chosen experience is Now; no delays. Practice this and your realities will follow. All thoughts are created on some level, seen or unseen. We manifest the highest vibration through our Heart, and allow the realities to reveal our co-creation.

We literally overwrite lesser vibrations with these heart-based intentions and actions. And we are getting good at it; we see and feel it in the SUNday Unity Meditations!

Have the courage to express the Higher Self as we take on these new levels of Source-Self. Infuse this passage and holidays with joyous unity, abundance and creativity. Rehearse the feeling of peace and the higher trajectory, then send it out through the HUman heart grid to support others and co-create on the quantum level.

Be a Responsible Creator. When enough Christed DNA is activated and integrated, we collectively level up. We co-create with the planet, kingdoms, elementals and higher realms. We are woven back into the fabric of the cosmic consciousness. It allows Gaia to reveal the Ascended New Earth as an already present, palpable reality.

- **Use the tools** in this ebook to align with positive creation
- **Embrace our unique differences** which separated us in the past
- **We sharpen our skills when we soften our hearts**
- **Look through the eyes of the heart;** create with heart intelligence
- **Gift yourself with the self-empowered right** to feel safe, loved, joyful, complete, worthy, confident and 2020 clear.
- **Attune your eyes and heart to find Love in every moment;** it is eternal and ever-present.

INVOCATIONS IN THE NOW

Invocations and Decrees are an honored Mystery School technique for Ascension. When we align with the pure heart intention to transform, our realities shift to reflect the light within.

Invocations and Decrees are said out loud. The words *I AM* are encoded for activation, however you can use God-Self or Divine Presence if that is more comfortable for you. Make it your heart's expression; the intention is key.

Connect with your heart center; the Pure Source-spark of Diamond Light within. Take a moment to feel your Heart intent. Divine Love is a strong, palpable frequency which grows in intensity as our DNA activates. Note how your heart and energy fields feel in this Now.

In the name of the Divine HUman, Creator In-Carnate that I AM. I welcome in and forth my Higher Self, Christed Self, Almighty I AM Presence, and all of my Divine aspects across all parallel realities seen and unseen. Unify in this now moment. Put your focus here. Let us clear and transform my physical experience to reflect my Divine Infinite Self, the pure essence of Source (God) I AM.

I call forth my Sacred heart center to be fully activated in alignment with my highest expression of Source, to the highest level complimentary to my journey in this now moment.

I choose the highest activity of gratitude, peacemaking, creativity, humility, Divine Love and Divine neutrality each moment. May every choice I make this day be aligned with the highest good for all concerned. I open to the power of my heart, love, Divine Will, and Divine Love, Light and Service each moment.

I call forth the Diamond Shining rays of the Christ to reveal and amplify my true heart which is my Divine immortal connection to Source. Heart center, light up! Heart fields, spin, expand and amplify this Diamond-Solar light. Shine this sacred fire love forth into all of my activities, timelines and choices this day.

(continued...)

INVOCATIONS IN THE NOW

Higher Self, present to me Divine synchronicities and opportunities on my path to learn, open my heart, practice coherence, and be in service to all. I call forth all that is sacred as my primary reality and awareness.

I call forth the Cosmic Christed Blue Flames of indestructible purity and power. Beloved I AM Presence, surround me with the love, guidance, strength and protection of these Christed Flames.

Highest levels of Light, commence! Overwrite and override all lesser realities and distortions. I call forth peace, harmony, unconditional Love, Ascension. May these Divine qualities and frequencies be available to all willing hearts choosing Ascension in this Now.

I dedicate myself to this Divine transformation. May this pure heart intention transform all of my activities, thoughts, emotions, service work and creations to fully align with my Divine Embodiment of my pure Source-as-Self expression.

Almighty I AM Presence, restore the patterns of perfection in my body with ease and grace.

I ordain this under all graces and forces of the Infinite Pure Creator Source. I call this forth to the highest level allowed by Cosmic Law, in Divine alignment with the pure and true organic Ascension.

I Love You, I Bless You, I Thank You. So be it and so it is.

Refocus on the heart center. Take a moment to FEEL your Heart again. Note any sensations in your heart and energy fields. Smile, breathe, Gratitude. Create in this fertile soil.

GET COMFORTABLE WITH THE UNKNOWN

Rising frequencies intensify everything, in order to create change.

Although these bliss (unified) states of consciousness feel familiar to the heart, the outer reality is still adjusting. Global, Galactic and Universal energetic shifts trigger collective anxieties of feeling unsafe. This is intensified due to the energetic and physical changes happening within.

Widespread changes in consciousness trigger fears of the unknown in the collective. Embodiment of much higher frequencies and new states of BEingness create clearing from the collective subconscious. We serve as the calm, balancing energy, while transforming our own consciousness to demonstrate the New.

Veil-thinning, revelation and personal transformation are amplified as we experience the 2020 energies already in play. **Challenge your fears, your comfort zone, each day.** Any small activity shifts the energies. **Gratitude for the strangeness** also flips the moment to positive light. Get comfortable with the unknown, and change.

Private, individual contact is happening in this Now. Benevolent versions of Self and Star Families are reconnecting after a brief phase of allowing the Embodiment to unfold (free will choice). Now we are at a higher vibration - as well as Gaia - which allows for clear multidimensional communication. Focus on the unification of realms rather than the us-and-them dynamic of the past.



JOIN THE
GLOBAL UNITY
MEDITATIONS
EVERY SUNDAY

BEING THE NEW, NOW.

The current experience of blissful Source activations, or reunification with God Self, is the next phase of Embodiment. Many of you are receiving activations on this level, which makes it available for all. They will intensify. Create peaceful space for integration.

Have gratitude for the departure from the old stories. Those memory imprints need no longer influence your DNA or experience. There is an opportunity for closure on the old during this window. End the personal and collective waiting game. Move forward with Freedom and the New.

Be sovereign in your experience. The parallel Ascended realities are getting very clear as the self-imposed veils lift. Maintain your preferred outcome in the Now . The body and DNA will adapt to provide that experience.

Consistently intend, feel, decree, self-correct and create your desired reality. All is built on the foundation of LOVE. The vibrations of compassion, forgiveness, gratitude, peace, faith, and Divine Neutrality are expanding with our Embodiment. Utilize these powerful forces of pure creation!

Wishing you a beautiful 2020 in this Now! Let us show HUmanity what is possible with Ascension.

IN LOVE, LIGHT AND SERVICE,

Sandra Walter

Visit the class site at:

<https://sandrawalter.mykajabi.com/>

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