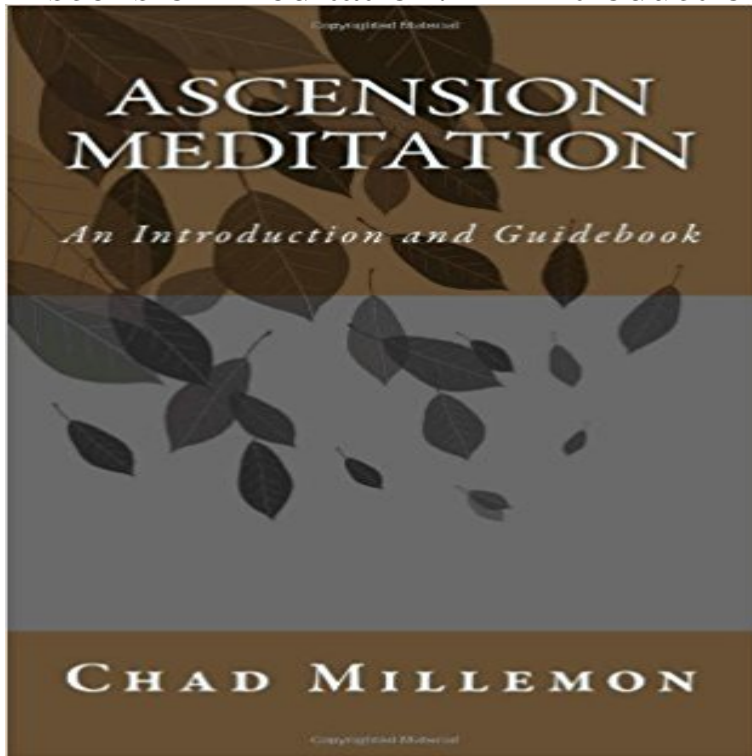


Ascension Meditation: An Introduction and Guidebook



The techniques of Ascension have been taught worldwide for nearly 20 years. Even so, there has been little written about this unique meditation practice. More commonly known as The Ishayas Ascension, this practice utilizes the power of praise, gratitude and love within very simple, powerful techniques that can be used eyes open or eyes closed. Even though this practice is simple, doubt and uncertainty can persist or creep into the practice over time. This book addresses many of the most common questions that can arise with regular practice of Ascension. The intention of this book it to erase doubts and help those who practice Ascension to do so with confidence and clarity. In order for any meditation practice to be effective it must be applied with certainty. So long as doubt prevails, sublime states of interior peace will appear to remain elusive. NOTE: The actual techniques of Ascension are not given in this book. chadmillemon@gmail.com www.mysticwaypub.com

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