

THE COUNTDOWN HAS NOW BEGUN TO THE  
EVENT OF ASCENSION. NOW IT IS CRUCIAL  
TO START TO LOOK WITHIN OURSELVES.

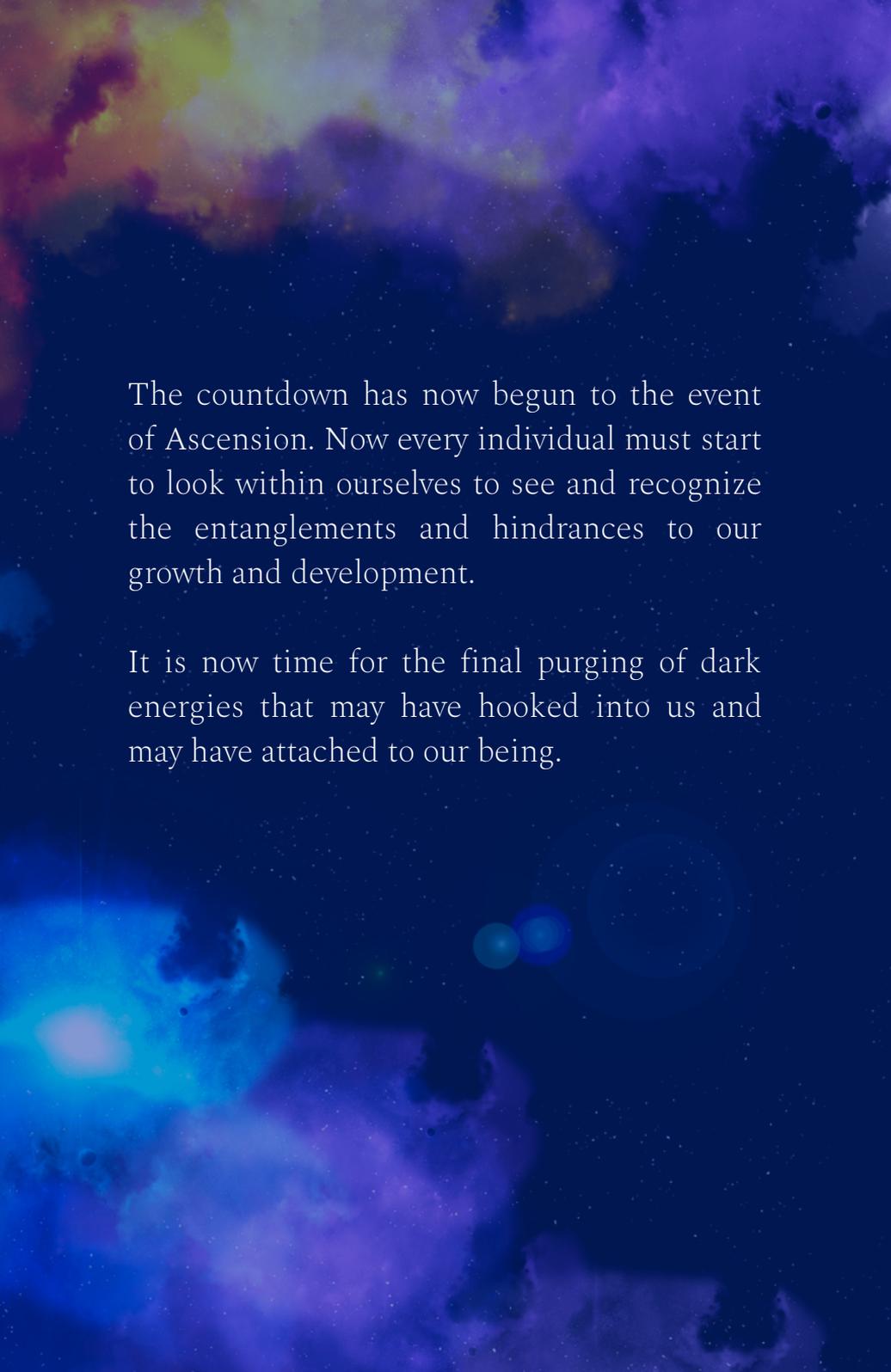


The Gate to  
*Ascension*

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It is now time for the final purging of dark energies that may have hooked into us and may have attached to our being.

A dramatic sky scene featuring a bright sun in the upper left, a crescent moon in the center, and lightning bolts striking through white and purple clouds. The overall atmosphere is ethereal and celestial.

**What is  
Ascension?**

## What is Ascension?

The countdown has now begun to the event of Ascension. Now it is crucial for each and every individual to start to look within ourselves to see and recognize the entanglements and hindrances to our growth and development. It is now time for the final purging of dark energies that may have hooked into us and may have attached to our being.

This planet has been controlled by dark powers which never had any interest in the welfare of mankind. This has been so, for many thousands of years, with a predominant force that created a world based on hierarchical order, militaristic outlooks, and a warrior mentality based on cruelty, suppression, and oppression. We certainly had occasional glimpses into the Light, but nothing widely spread out.

This transition period now unfolding will be the last period of time before the final energies are released that will liberate the Earth from the containment that has kept her bound to the dark energies. The unfolding that has already commenced is the period of time for each of us to look within ourselves in order to find those areas within us where darkness may exist, that we have not seen or recognized yet because they have become so much part of our character and so much part of the way things work in this decadent and sick society.

If you are reading this eBook, you are most likely a Lightworker, a seeker of the Highest Truth, and you are incarnated now because you chose to be here at this time.

Historically, this has been a planet of darkness with some sparks of light here and there. Still, now, it is seeking to break entirely into the Light, and those who have come to assist at this time need to do the most profound work in our lives –both of this life and other lives– so that we will be in the highest state of vibration as we approach Ascension.

We live in a crucial period in which Earth is approaching a time and place where an energy shift occurs, taking her into a different dimension. Those whose vibrations are spiritual are moving closer and closer toward that spiritual frequency. Those whose vibrations tend to be unspiritual, where they reject spiritual teachings and prefer superficiality, will be drawn deeper into materialism; And those into even lower vibrations will be pulled towards hostility, hatred, power, and greed. Those that thrive on competitiveness and desire to harm others will tend to move deeper into those vibrations between now and that time of Ascension. These individuals will remain on Earth in its lower vibratory form.

Those who move toward more spiritual and enlightened frequencies will tend to move further in this direction as time approaches. When the time comes that the parallel universe matches frequencies with the current Earth, there will be a shifting of energies whereby the parallel universe collects those who are vibrating to its frequencies and leaves behind those who do not. Everything will manifest in perfect timing, although now is the moment to make a choice. This is why it is vital that you prepare and work on yourself. This inner work will be able to yield results in not too long.

It is worth noting that many are not ready to face the truth. If this is the situation you see around you, let them. Do not try to change their beliefs against their wishes. Each person has to seek it out in their own time because, at that time, when they are ready, they will seek it out and find it. Each individual must choose their rhythm and pace.

We have all been confined into a jail that the ego has agreed to. The key to getting out of it is within our own minds. The key is mental and can only be accessed and brought into consciousness once we reach the proper stage of maturity and spiritual development.

Humanity is getting ready for a fundamental shift in consciousness as we realize that we are not bodies acting in a restricted and purely material space. Still, we are incarnate souls living in a multiverse that we cannot yet recognize intellectually. As our level of consciousness increases, we can begin to perceive from within that we are not alone but connected with many other beings of higher vibrations, much more evolved than us, who have been working with us over time to bring help to this planet.

Our spiritual journey entails expanding our apparent abilities and overcoming limits we could never have imagined. This global journey is like a graduation of everything that has come before in preparation for centuries and even thousands of years. At the same time, it is a new beginning, the first chapter of a New Earth, a new chapter in human history.

As these times bring about tremendous upheaval, the propensity for most will be to cling even tighter to old thoughts, beliefs, and patterns, and yet now is the time to do precisely the opposite: to trust that there is a purpose, there is a reason, and there is a Plan behind the events that are happening.

There are Powers greater than the physical authorities of the planet, and nothing happens without reason. What is happening now is not a series of random events that have no meaning or purpose but events that are unfolding by Divine Plan or through the manipulation of those in power.

Ironically, what those in power do not truly or fully understand is that even their actions are part of the Divine Plan and that it is all about the end of the experiment in this third-dimensional reality and the change of consciousness so that new experiments can occur, but no longer need to go through suffering, misery, wars, or disease. This means that as time runs out for the old and obsolete, instability and agitation break out. This is always the case when what is underway coming to an end. It's what is known as the cycle of death. The rebirth must appear later.



Leaving  
beliefs behind

## Leaving beliefs behind

When someone states that they unequivocally know beyond a shadow of a doubt, they have closed the door to further knowledge. But those who have swallowed their egos and humbly admit they do not know are those who shine the brightest, for they are the ones that stand at the front of the line to receive the Divine's grace, "...the last will be first." They are the "Meek who shall inherit the earth."

Some of the things you can read here may go against the beliefs you have so far or the beliefs most have in this society. Please remain open by archiving this new information and, at least, storing it at the bottom of your mind as a possibility without radically discarding it because it does not conform to your current or majority belief system.

Many of us have witnessed that when new knowledge appears that challenges official sources or the widespread, it tends to be described as too hostile, conspiratorial, and contradictory to what is mainly accepted. It is actually a mechanism of defense of the mind against what is too frightening. It is easier to close the door and not question anything. This entails that these people remain trapped, imprisoned in a state of separation, a form of right and wrong, good and bad. They stay suspended in a dualistic world of judgments that limit their ability to love unconditionally. You can only point it out to them if you want to suffer the wrath of their ego. When someone says they know everything they need to know, it is time to end the conversation quietly and walks away.

At the moment, it is wiser to remain open, look at everything cautiously, remain silent inside to see what resonates within and use our capacity for discernment. Our belief system should be in continuous development, remaining open to discovery, in a state of openness rather than clinging to ancient beliefs so that we can continue to learn, explore and discover without prejudging anything.

Life is a puzzle with many pieces, and from our limited perception, many parts do not fit properly. However, if we keep them, anyway, so that when our eyes adapt to a higher vision and can capture more, we can fit them together rather than throw them away, at that moment—with a higher level of awareness— we will be able to understand what is beyond the scope of our current understanding.

How presumptuous would it be for us to declare that our belief is correct when it is found in a place we have not even looked at, primarily because our ego hid it from us?

Being critical of a movie while you watch it, you can watch the entire film in this manner and never get what the movie is about, see, perceive, or enjoy the experience that the movie has to offer. It is the same with life. You can watch life as though it were a drama and miss all the lessons, or you can enjoy and become involved in the life experience and gain the lessons. It is essential, however, that you also realize it is an illusion from a certain level so that you do not become so entrapped by the movie of life that you cannot extract your emotions and awareness from what is occurring, back up and laugh at yourself, nor see how you were becoming over-involved in the role you were playing.

When you totally surrender to the Divine, you attain Unity consciousness. It is the surrendering of the ego that allows this to occur. If the ego forces things or intends to place itself in a fake situation of elevation or superiority created by the mind and its delusions, then the self has not surrendered, and the experience will be very fleeting.

The soul must turn inward upon itself and experience itself, experience suffering, glimpse the shadows, understand the light through the contrast with darkness, and experience your own being over and over again. One has to observe the self from every point of view. One has to experience the self from every perspective, and only then will the individual begin to look outside and see what is beyond the self and develop true wisdom.

The majority of people will prefer not to have their belief system disturbed by truth, but only the truth shall make you free. Your beliefs will not make you free. On the contrary, you need to have your convictions shaken and eliminate those beliefs that lead you to ignore the truth. People should be brave enough to search for the truth, even if it disturbs some of their most cherished beliefs. In searching for truth, one must be exposed to views that counter one's beliefs. Those who become more open-minded and objective in seeking truth will find that a whole world of information gives considerable evidence which may be of much value but is generally ignored by those who wish to avoid being pestered by truth. Let's keep that in mind so we do not get caught up in this trap that the ego so cunningly devises because it makes us fall without realizing it.

We need to be discerning and see where the misdirection and deception lie, and thus, we will not be distracted, waste our time, or be led astray. Many people do not wish to be challenged by negative information (as they see it); anything that is dark, anything that is uncomfortable, anything that they interpret to be negative, they shut the door to it and stick their heads in the sand. One, of course, has the right to do so.

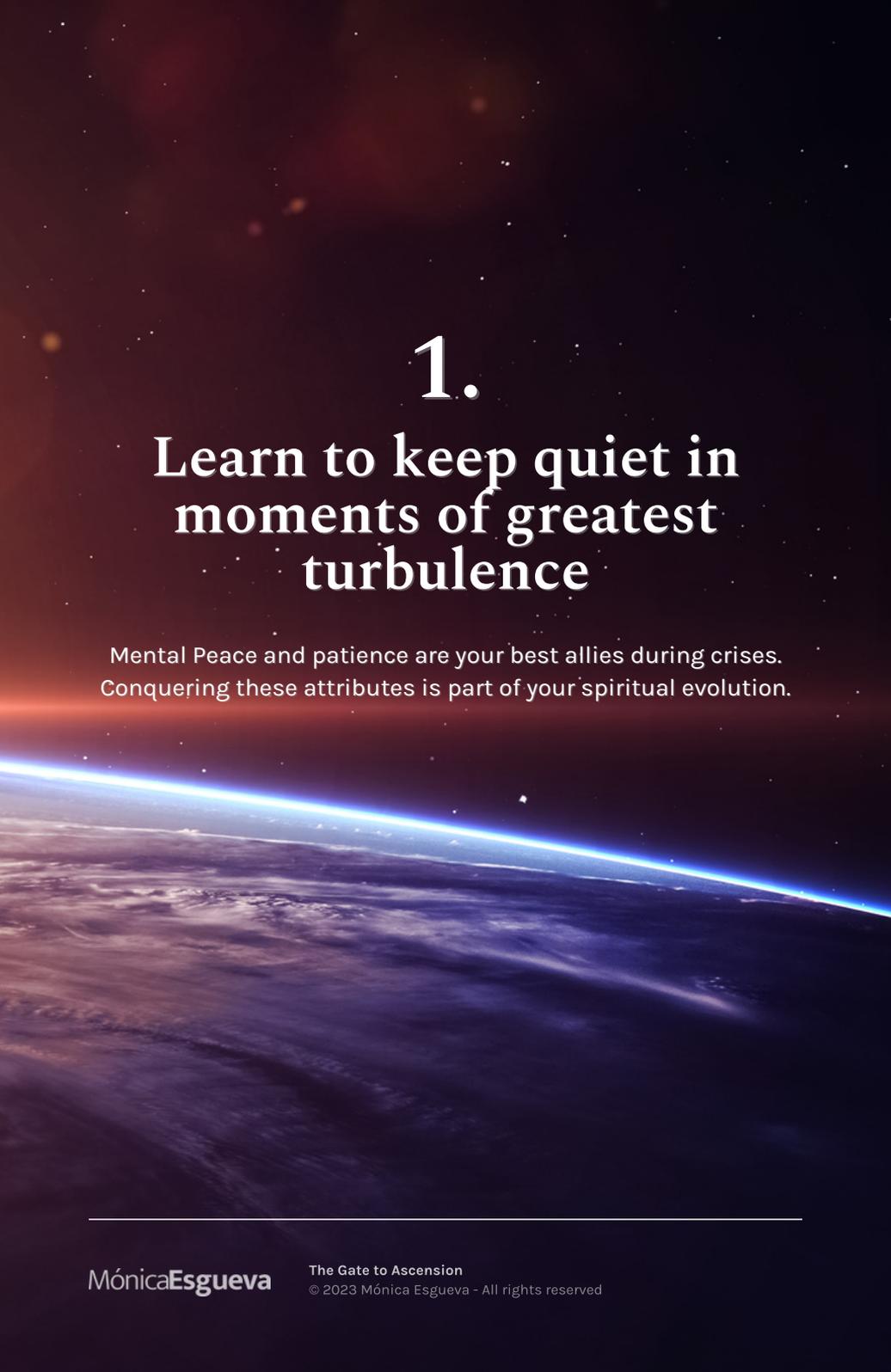
One always has the freedom to believe only what one wishes to think. Yet, because something is uncomfortable and challenging instead of pleasant and fluffy, it does not mean it is the right approach. Instead, bite into that which is painful, taste it, know it, and then spit it out. When you are aware of this dualistic reality and see those forces that act through deceptions and lies, covert actions, and cowardice, you will begin to truly comprehend the importance of being available to such information without it affecting you negatively.

To be aware that there are forces working against Ascension and that they do so by keeping one asleep, ignorant, and unaware will help reject this matter entirely. Set aside those thought processes that do not allow you to question more deeply, for it is in the questioning that one sees the extent of the darkness, and in doing so, one makes the top choice of being of the Light and committed to the Light.

Finally, I would like to leave you a practical guide to remind you of what you can do daily to increase your frequency.



# 10 Laws to Raise Your Vibration



# 1. Learn to keep quiet in moments of greatest turbulence

Mental Peace and patience are your best allies during crises.  
Conquering these attributes is part of your spiritual evolution.



# 2.

## Avoid judging others

Your perception of the outside world is part of your inner world. When you speak ill of others, you are speaking ill of yourself. You hurt them and hurt yourself. Besides, in life, everything comes back like a boomerang. Therefore, have compassion for others and equally for yourself.

# 3.

## Focus your attention on the things you like and are most passionate about

What you resist persists. If you focus on the negative, you will grow it. So, please be careful where you focus and your energy, for that is what you will end up manifesting on the outside.

# 4.

## Accept the trials, and do not fight against what is beyond your control

Sometimes, we live the consequences of our souls' choices in the past, of which we are unaware. We cannot remember at that level. So, breathe, accept it and let it flow. The longer you remain calm and welcoming, the more you compensate for your karma, and the less likely you are to sow any negativity with future consequences.

# 5.

## Be hopeful; what seems real is just a lousy thought product of your imagination

Thoughts are not necessarily a neutral reflection of reality. Do not identify with your thoughts or believe them simply because they appear in your mind. If your thoughts create bad sensations or lead you to harmful actions, change them. You are a creative being. Make sure you create kindness and positivity in your world.

# 6.

## Forgive, let go, and release

Maybe it is difficult, but it is necessary. When we hold a grudge, it is as if we take poison in droplets. Apparently, it has no harmful effects, but we are actually infiltrating our being with a nasty infection that is not only useless but also deteriorates us indelibly. Forgiveness frees us from the chains that bind us to the other person or the circumstances. Otherwise, we will revive them repeatedly in our minds, with terrible consequences for our bodies, energy, and soul.



# 7.

## Always speak positive

Words create and also makeup reality. Be very careful what you say. Do not talk lies, do not engage in gossip, do not judge others, do not criticize other people's behaviors, do not harm others with your speech, do not create gratuitous confrontations, and do not contribute to the negativity that already exists. Be exquisite with what you speak; if your words do not lead to help, encouragement, or kindness, you better remain silent.



# 8. Meditate every day

It is necessary to be able to calm the mind, to be able to manage it at will during the day, to learn to observe ourselves, to leave behind the automatic pilot that damages us so much, to find peace amid the storm, to be able to discover our inner being and to contact the spiritual world of which we are part.

# 9.

## Visualize pleasant situations for you and your loved ones

What exists in your mind will manifest itself in your reality. Create that reality for you and your loved ones; you will create happiness and add dharma. Even better, expand your visualizations by sending Light to the planet and humanity. You can use the mighty mantra: I am the Light, I am the Love, I am the Peace. Please just repeat it as often as you want during your visualizations and help create that critical mass of unconditional love that will make it easier for the collective to move through the current stage with as little suffering as possible.

# 10.

## Emanate love no matter what you receive

The most important lesson we have come to learn is that of unconditional love. When our strongest desire is to contribute altruistically, we will have gone from an ego-based center of gravity to one based on service to others. That means we are already vibrating in the fifth dimension. That is what marks our vibration and our level of consciousness. We will leave behind the need to continue learning through duality, and our following lessons will be made from joy, love, and wisdom. We will be ready for Ascension.

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