

*Ascension  
Process*  
Tools & Techniques



*Elena the Greek*



**be True to Yourself &  
be your True Self**



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## A note from Elena

When it comes to spiritual practices, my advice is:

“Keep things simple and follow your intuition”.

There are plenty of conversations I had in the past about the everyday routines someone can apply and the time this consumes on a daily basis. You can literally feel lost and overwhelmed in all of these, feel disempowered and give up on everything. Add on that the self-torturing thoughts that start after giving up! No need to go down that road! I am pretty sure we can all relate to all of the above to some point and extent!

**What matters to me, is to have something fast, effective, easy to apply regardless of the circumstances, easy to remember and with a purpose as to why I am doing this now and how it helps me.**

As you may already know, we are going through a transition to the 5D way of living, which of course doesn't exclude the 3D but it encompasses and enhances it. Transitions like this one can be massive and quite challenging to navigate, as the feeling that accompanies them is that everything is changing and where can I lean into now to find some comfort and something familiar to hold onto or to use as a starting point.

You may find yourself with emotions you haven't experienced before, trauma is shifting within you trying to find its way out of your system, nothing of what used to resonate is in resonance with you anymore, your spiritual gifts and your perception of the energy is shifting in ways you can't handle or don't know how to handle at the moment.

Even if only one of the things mentioned above resonates with you, then I can promise you that by going through this guide you will find at least one of the techniques and tools mentioned below, helpful and insightful for your path on evolution.

**Most of the techniques gathered here take no more than 5 minutes of your time (some take even less) and even having more than one in your daily routine, it won't take you more than 15-20 minutes off your time. Worthy of trying them and feeling into them, using your intuition of what to keep and how it is more helpful to you.**

As healers, psychics, mediums, channelers, starseeds, lightworkers and energy workers, we are grounding something greater than ourselves and at the same time we are grounding this for ourselves to experience and co-create with all of humanity. Deep within us, we have the knowledge and the wisdom, the tools we need and the knowing of what is being grounded now and how our help and support is helping and supporting everyone else around us. This is why it is essential to create time in your daily schedule, first and foremost, for yourself and for your well-being.

## Ascension Process: Tools & Techniques



All transitions are challenging, some are easier than others, yet what helps in these transition periods is to find a focal point, your anchor.

We all have that anchor placed within and although it's extremely helpful to have anchors outside of us, the one that can never be completely gone, is the anchor within. You don't have to create it from scratch... all you need is to remember it already exists within you.

Everything else is created because of that anchor, because of who you are in your essence as a soul, as Divine Matter that is incarnated.

The best anchor you can use is the affirmation "I am that I am". Keep it simple and tidy.

Please, do reach out to let me know of your thoughts and the results you have by applying these simple tools and techniques!

I will be delighted and honored to help you and guide you on this journey to the best of my abilities and your needs.

As always,

...be True to Yourself & be your True Self!

Inwards & Onwards,

Elena xx



## A. Self-Improvement & Emotional Release Techniques

### 1. Mindfulness

The simplest technique to reconnect with your essence in its totality, clear your energy really fast and drop into your physical body is **mindfulness meditation** with the **intention** to connect with your **true self**.

You can find many benefits on-line about the mindfulness meditation and plenty of alterations of how to apply it, and not only through meditation but even with every single daily activity you do. Applying mindfulness in your daily life and building your lifestyle with this as foundation, you can find yourself changing your life experience drastically.

For the purposes of the spiritual practices that help you improve yourself, let's go straight away into the mindfulness meditation!

The benefits of mindfulness meditation:

- Brings you to the present
- Stress relief
- Organizes the conscious mind and lets the subconscious to figure out the details
- Helps in opening up to spiritual gifts or enhances the ones that already exist
- Expansion of the 3<sup>rd</sup> eye chakra
- Learning how to laser focus on one task (instead of multitasking which later on makes multitasking easier and more effective in the long run)

The benefits of practicing mindfulness meditation are a lot more than what I've put on this guide. Yet, these are the most important to mention at the time being.

Make it a daily practice in your routine, either when you wake up or before you go to bed, or even during your day if you feel like rejuvenating your energy, taking a break and re-centering yourself.

#### **The hack:**

When this practice is brought up in spiritual communities, it is usually said it is all about stilling the mind, which is the wrong approach in my experience and understanding.

What this kind of meditation actually offers is **the strengthening of the connection between mind, body and spirit. It brings alignment.**

Everything happens while we are present in the body, thus, the enhancement of spiritual gifts. The more you reconnect with your physical body and the sensations in your body, the more present you become in this vessel, which



translates into being grounded into your own being, the more expansion you create at a soul level.

Stilling the mind isn't a solution as there is no actual problem. We are channeling because images or feelings or knowing come to mind. We are connecting with the energy through the 3<sup>rd</sup> eye and everything we receive. It's necessary to have boundaries for self-care and down time even from channeling and receiving information. Intuitive messages come through the perception of the 3<sup>rd</sup> eye chakra. So, stilling the mind isn't an issue. Easing the busy mind or decluttering the thoughts and what comes through, from which direction & source, is extremely useful. That is something the mindfulness meditation helps with. As channels or receivers, we are receiving thoughts from other living beings and non-living beings. This is where boundaries are best to be applied. Mindfulness meditation helps us get into a space of deciphering what comes from which source and when.

Equally, **mindfulness meditation isn't a tool to detach from the past and the future.** There are many times we have to look back in order to find the energy patterns, the cycles that keep repeating, to observe the past situations and the connections with people in order to break the pattern and be at peace and inner alignment. In regards to the future, it is useful to reflect on what is the desired situation to create in regards to the present or past circumstances. To see where we are going and create something more meaningful, is necessary to observe where we are coming from. Results in the future are influenced by the current choices and current choices are influenced by the actions and choices from the past.

What mindfulness meditation does is help lower the stress or the feeling of being overwhelmed. In other words, it helps us get ourselves out of the vibration in which the problem is created and gets us into the space of clarity and serenity.

The **intentions** you can set while practicing mindfulness meditation:

- To connect with your True Self
- To connect with your essence
- To connect with your physical body

Applying the first one, brings results to everything else as well. Please, do follow your intuition as it will guide you to what is best for you at the moment!



**How to** mindfully meditate:

- Find a quiet place where you can relax and quieten your body and mind. Set your timer (duration is explained later on).
- Close your eyes and disconnect from everything outside of you.
- Set the intention and connect with your breath.
- Simply breathing in and out and feeling your breath as it comes in and out of your body.
- Find a focal point of your breath in your body. Is it your nostrils, chest, abdomen? That's your focal point that allows the connection between mind and body to take place. It doesn't matter what that is, it doesn't mean something specific. It can vary if you are seated or laid down.
- Keep your mind busy, by counting 1-5. Every inhalation is one number. If you find yourself exceeding the number 5 or engaging with a thought (of what I am doing next in my day or something from the past for example), give gratitude and start from scratch, meaning start counting from the number 1 on every breath in.

The duration you can apply on this meditation:

- An everyday normal routine you can set for yourself is five (5) minutes. You don't need more time to have the results mentioned above.
- An ideal duration would be 5-10 minutes, after having practiced for some days with a 5-minute routine.
- For 20 or 30 minutes and more, you may find yourself in an altered state and tapping into the vibration of oneness. (not that if you meditate less, you won't be able to feel the oneness or that you need that specific amount of time for this experience)

Why people give up on this technique?

It is believed to be expected that you have to quieten the mind completely, without any thoughts at all. That's a huge myth around this kind of meditation. Thoughts are to be acknowledged and released, meaning you are **mastering the art of not engaging with all the thoughts by staying focused with what you started doing.**

You will find it easier in time, should you continue this practice and you will see amazing results on yourself. Trust the process.

Self-torturing thoughts like for example, "I didn't succeed today" or "I wanted more time to become better" or "too many thoughts are coming in and I can't continue", apart for leading you astray from the purpose of this technique are quite the reason for you to understand that you are shifting a lot, you already succeed on it and this is why you do this exercise.



## Ascension Process: Tools & Techniques



To observe yourself, to understand yourself more and to just be OK with whatever is showing up. This is self-love you apply, please keep going and detach yourself from the expectations of what should be and what is.



## 2. Intentions

Every spiritual teacher talks about intentions, their importance, how we tap into different energies, that the intention is the starting point, or at least...they should be talking about intentions (in case they are not! Lol).

Intention is the desire blended with willpower which shows direction and the goal, in a very short way. All at the right and needed amount of vibration, like a short and easy recipe that you can use no matter what the day is or for whom you are cooking.

Pretty much we already set intentions daily and most of the time we are doing it subconsciously, which means they don't hold a lot of energy. When you are commuting to work, you want to find a parking slot quite easily and have a wonderful day at work. If you charge the same actions though, with an actual intention when you wake up, for example: "an easy parking slot today and a wonderful – in the flow- working day" you will find yourself amazed by how things can shift.

The intention is a simple way to send energy out and to be receiving the results of it.

You have no attachment to the expectation and no extra effort is needed!

Setting intentions is the simplest tool of creation!

Examples:

- For clarity
- For inspiration
- For health
- For answers to questions you may have
- For attracting new people in your life
- For attracting a soul mate
- For more income
- To explore more of your spiritual abilities
- Inner alignment
- For ways to create your daily balance
- To expand on your mediumship abilities
- What kind of clients to attract
- For transitions to be with ease and grace
- To learn more about starseeds from a relatable source

As you see in the examples, the spectrum of intentions is quite extended and it can apply to everything.

In some of your intentions you will be receiving them as they are set, with others you will be guided to them step by step as a result of the initial



intention! Actions may be needed from your end as well, have that in the back of your mind!

Either way, it sets a direction and a path for that direction which is exactly what we need most of the time if not all!

Intentions are not questions; they are not wishful thinking.

The more you set intentions the more you are using the forces of the universe, of your higher self and spirit guides to help you and support you!

It doesn't take time, all you have to do is form an intention by thought, you don't even have to write them down!

Although, you can make a list of them, should you wish, in order to keep track of them and later on, you can scratch them out of your list. Again, it's not necessary. Don't make your intentions as a wish list of manifestation! They come from the same place – energetically speaking – but they have a slightly different use!

Your first intention while reading this guide, could be to find the most appropriate technique to elevate your energy!



### 3. Break-Up Letter

*The “break-up” letter is a technique I came up with the help of my shaman spirit guides on how to **shift versions of self**. Most of the time, there are situations in life where either we don't know what needs to change or we don't know how to change them. Yet, what we know is that what is currently going on is not what feels ideal. In simple words, we know what we want to shift but we don't know how or what's the ideal course of action.*

The "**Break-up Letter**" is an extremely effective tool to use for letting go. The importance of letting go of situations, people and beliefs that don't help us or as it is commonly said don't serve us anymore is great, both in the outcome and of how you will feel but also to connect more with your truth and essence.

The Break-up letter is designed to help you release any unmet expectations, resentments, disappointments, hurts and also to help you acknowledge the good moments you had with a specific person or a group of people.

It brings emotional healing; it brings closure in the most effective way for you.

The “break-up letter” will leave you with a feeling of wholeness and inner peace, the feeling of knowing who you are and what you want in your life by not holding back because of past or present resentments. It will give you the clarity you need and desire to move forward.

It is also a good technique to use for emotional healing, heart chakra work to clear anything that causes you emotional imbalance and it will also support you in heart chakra expansion.

You are not actually breaking up with someone. You are breaking up with low vibrational emotions that don't allow you to heal and expand on your true potential, from emotions, thoughts and beliefs that hold you tied and down.

Eventually, you are **breaking up with the version of yourself** that has been hurt or feels resentment about people, situations or even a specific belief that you have noticed is holding you back from becoming the best version of yourself.

The break up letter comes from a place of higher understanding and higher love.

**Important note:** This is not a letter to be sent or given to someone specific. This is a journaling technique to help you release the emotional charge and create space for integration and evolution.



## The beauty of the break-up letter technique

**What makes this technique ideal for shadow work, inner work and integration of the next highest version of yourself**, is that you don't have to consciously know what is coming up next. You don't have to create a specific plan of actions – which is more of a masculine approach, using your solar plexus and mental abilities.

All you have to know in order to make this effective is, that a specific situation or person in your life has been hurtful in the past or even present and you want to create a change, without allowing yourself to be dragging this for days, weeks, years and influencing your current choices and decisions in life.

By breaking up with that version of yourself, it helps you create inner peace and freedom, since this situation doesn't have any hold of you by triggering an emotional reaction.

Thus, you create the space for something new to drop in, a different approach on the matter to be created for you, a different type of connection to be rebuilt with the person you are breaking up with.

## The break-up letter Technique

The intention of the “break-up” letter is to create a space for you where you can express and acknowledge fully all your emotions and all your thoughts through self-observation. The deeper intention is for you to reach a level of inner freedom and peace.

### ***These are the steps of how to write this letter:***

**Step 1: Write down the facts.** The situations that caused any pain or hurt to you or between you and someone else. Acknowledge and journal on all your emotions around these situations and how you felt through these experiences. The beliefs that were created through these experiences. For example: “I am not good enough” or “I am less than what you expected” or “I never meet your expectations” or “Your actions make me feel that I am not worthy of your love/attention/understanding”. Be completely honest and open to express everything without the fear of judgment.

**Step 2: Emotional Acknowledgment.** How you feel now when looking back to these situations. How these experiences have affected you to the present moment. How you have changed because of these moments. How it makes you feel.

**Step 3: Expectations or desired resolution VS Reality.** What did you expect from them and what did they expect from you? What happened in reality? What emotions were created? How has this affected your relationship?



**Step 4: The Results.** Journal on how life is now for you and them because of this behavior, the hurt and the pain that is caused in your relationship because of the kind of communication you had or still have. How does it affect your present?

**Step 5: Acceptance & break-up.** This is the difficult part. After you have written about your emotions and your thoughts following the previous steps, it is now time to accept and release the expectations, the emotions and the beliefs. Create a closure of how things were and how you wanted things to be. Respect the fact that the situation between you and them is as it is.

I quote the last sentence I wrote in my break-up letter to help you understand the last step:

*“It doesn’t mean I love you less but I love you enough to set you and myself completely free.”*

The results you will get out of this is a deep healing from past or present resentments, detachment from any expectations that have been created or projected, and healing emotionally and mentally from situations and actions that no longer help you. You will be able to reflect on this if you encounter this person in your life the following days.

A good application of this technique is for a parent, a partner in life (or an ex), a friendship or a colleague. When it comes to parents or family members in general, it makes it easier to step into your next highest version and change the co-dependency links or any attachments that may have been even created in other lifetimes and you are called in your current lifetime to break free from the patterns and past life choices. You don’t have to figure out what was going on in a past life. You can use this life’s experiences to break free from the pattern by using the facts and emotional charge of this lifetime as a stepping stone. Just be open and in the closure of the break up letter you can add something along these lines:

*“I choose my individual inner freedom and peace on any level and layer, at any point of time for my highest good and the highest good of all.”*

This is actually a short prayer that creates healing for past and future lifetimes, for parallel lifetimes and ancestral healing, all at the same time.

You can also apply this technique for a group of people that have participated in a situation in your life that left you with emotional scars. All you have to do is mention this group of people in the break-up letter, referring to them in the totality of the group setting while journaling.



### Breaking up with Concepts

What's more interesting with the break-up letter is that you can use this technique to break-up with concepts.

For instance, the scarcity concept for prosperity, abundance.

Here follows a break-up letter with the concept of scarcity.

#### ***Breaking up with Scarcity***

"From my childhood to my adult life the main belief was always "we don't have enough" and that was always the reason not to do any trips or buy anything beyond what was a necessity.

Even when I was making my own money, which by the way was a pity monthly salary and not worthy of what I was offering, I couldn't enjoy the fact of having my own money, as what was needed to be paid and the daily expenses of commuting and having something to drink or eat were a lot more than what I was getting paid. I played out the belief I was raised with - "we don't have enough".

I convinced myself that I was spending a lot and that all my dreams were extravagant. I had to be more real and down to earth and I had to save up. According to my family. The label of a "big spender" was placed quite early in my life.

It made me feel that I will never have a good lifestyle or even close to what my peers have, that everything was in vain, since every single euro was either owed or it would be in the following days and I was feeling guilt and shame for wanting to have more, to buy more, to even go for a short vacation.

That was the mindset from my childhood. I had to shrink and shrink more until I realized that this is not life.

Even if I wanted to rent an apartment on my own I wouldn't be able to afford it for any reason. If I had a partner and we were renting the apartment together, things would still be tight. Which made me feel in desperation and that all is in vain.



Hard work wasn't paying off, I wasn't receiving any significant raises. The harder I worked the less happy I was, without any ethical or tangible recognition in my salary.

The most usual phrases were "do you really need this?" or "don't you have enough already?" or "why isn't this working?".

I had to justify myself, even with the money I was making, why I wanted to buy something better, or why I needed a better computer, or why I wanted new shoes for example.

And similar was the mindset of the boss at work. I was bringing my own laptop to work and it took me years to have a better computer to actually do my job, which I ended up paying for some of the parts myself, from the money I was saving for my postgraduate degree.

It felt like I was in a prison, unworthy of receiving my worth for my hard work, that I was literally choking by not living my life in any way. That life was only work, home and a very few expenses that still didn't make me feel safe that the month would be finished with money in my wallet.

After fighting with the feelings of shame and guilt that I ask too much from life, of seeing the injustice in the system, listening to my parents that an employer has too many expenses (which was their point of view in their small family business they had) - more guilt on not demanding a raise but being 24/7 available to the boss and colleagues was demanded of me.

[...]

I wanted to feel that freedom of time and space, of having enough in my bank account in case I don't want to work or in case I want to travel anywhere even for a couple of days without having organized the trip, without having to have already plans about how to have more money.

I believe there's still some guilt stored in my system for not saving up any money, for not having a backup solution, especially at my age. I know that if I need something small, my family will take care of me, regardless of the shame and the embarrassment of giving me the financial support.





[...]

There's also a lot of anger about how I cannot be cautious enough to save up some money for later? Is this coming from my ancestors that they were always at a point of not having enough or was it just me?

Coming to today, I still don't have anything in my bank account. The last few months, where the old versions of me are coming and going, I've noticed myself feeling threatened again and stressing out about not having enough. I had to cancel many subscriptions, because either I wasn't using the services or they had become too expensive to keep having. I had to become more efficient and this time it didn't feel like scarcity. It felt like efficiency.

More worries, more stress and the thought I am not doing enough or that I lost my groove and I don't know where to start from to find it again. It feels like a defeat. Again.

It makes it so hard when you have to start all over again without knowing where to start from. The old ways feel they are dead, non-responsive to what I want to do. Inadequate and stressed, fearful that I lost my momentum and I have to build it up again.

I am sorry for my current situation. Not regretful for the things I've enjoyed & experienced in life so far though.

I can't continue with the stress or the fear of not having enough, the guilt of spending money or the shame for not saving it up.

Grateful for all the lessons so far but I believe I am done with all of the above.

I can't continue in scarcity or with the fear that I don't have enough, or feeling I am missing something because I can't afford it at the moment. I have proved myself that when something isn't in alignment, I am not doing it even if I have enough money. I have created discernment on what I need and want and why. Regardless of my family's beliefs about me and my relationship with money.”



*Comments:*

You can see all the steps integrated in this break-up letter. The facts, the beliefs, the feelings, the results, the preferred outcome, the acceptance of what was and what is and at the end is the gratitude towards all and the closure, in other words the break up.

The break up that is taking place is about the version of self that tolerated scarcity by accepting beliefs and situations in life, going through the emotions connected to the scarcity programming and finally releasing it all with gratitude and love.

You can easily observe the spectrum of experiences, starting from childhood and moving on through each relevant situation up to the current situation. When you are breaking up with a concept it is more helpful if you start with the first memories associated with this concept. Zooming out, being the observant and the participant at the same time, of the total experience.

You can, of course, use a very small and specific period of your life, zooming into that and journaling on your emotions from different perspectives. What you felt at the beginning, what you felt after the initial processing of emotions, what was your emotional state at the end of that.

Having a more distant approach by observing the before and after though, will give you a deeper understanding of how situations came to be. In other words, the source of that experience will be found in some way before that specific situation. This is what you actually want to break up with, the initial cause and that version of yourself.

**Useful Tip:** Some situations with people or concepts may require you to do more than one break-up letter. That doesn't mean you did something wrong in the first letter. That means that there are more emotions and beliefs that are coming up next to be acknowledged and released and more versions of you to shift.

**Insightful Tip:** By breaking up with a version of yourself, you step into a new timeline, which is the result of the next highest version of yourself. By shifting and changing timelines, you are more connected with your highest self, you explore your true potential and create more freedom and peace within which reflects in your overall life experience.



#### 4. Ho'oponopono Prayer

Derived from the Huna (meaning “secret”) tradition based on ancient Hawaiian religious principles, ho'oponopono is a prayer-based healing practice from Hawaii that promotes forgiveness. This practice, loosely translated as “to make right, orderly, or correct,” focuses on healing both the self and others, problem solving, and conflict resolution. Used by shamans and other healers in ancient times, this practice was sought by individuals, families, and communities to bring peace and healing.  
(source: <https://thehumancondition.com/hooponopono/>)

Ho'oponopono Prayer is one of the ways to release completely all the emotions and the beliefs by offenses you have received, situations that feel unresolved, for people that you have wronged or have wronged you or even with situations that you have wronged yourself.

The vibration of forgiveness and love is quite high and humbling at the same time, in a way that keeps you grounded and present in your essence.

The adjustments I have felt in doing, from times to times, is to offer forgiveness instead of asking for forgiveness. What's beautiful in that, is that regardless of you giving or asking for forgiveness, the frequency of forgiveness is the same.

It is quite powerful if you devote yourself to feeling it while repeating with every inhalation and exhalation, creating a pace with your breath and allowing your heart and your wholeness to experience it fully.



You can use this tool for a specific situation or in general as described below.

### **Step 1: Repentance – JUST SAY: I'M SORRY**

The first step is to realize that you are responsible for everything in your mind, even if it seems to be “outside” of you. Once you accept that, it's very natural to feel sorry. When I read about all the heartache and destruction in the world and take responsibility for becoming aware of that reality in my consciousness, I am very sorry. This realization can be difficult to accept, and our ego will definitely resist this level of responsibility, but once you start to practice this method and see results it is nothing short of miraculous. A great exercise is to choose something that you already know you've caused for yourself? Overweight? Addicted to nicotine, alcohol or some other substance? Do you have anger or self-esteem issues? Health problems? Start there and say you're sorry. Just say I'M SORRY. That's it! It is even more powerful to say it more clearly: “I realize that I am responsible for this (issue) in my life and I feel remorse that my consciousness has allowed this.”

### **Step 2: Ask Forgiveness – SAY: PLEASE FORGIVE ME**

Don't worry about who you're asking. Just ask! PLEASE FORGIVE ME. Say it over and over. Mean it. Remember your remorse from step 1 as you ask to be forgiven.

### **Step 3: Gratitude – SAY: THANK YOU**

Say “THANK YOU” – again it doesn't really matter who or what you're thanking. Thank your body for all it does for you. Thank yourself for being the best you can be. Thank God. Thank the Universe. Thank whatever it was that just forgave you. Just keep saying THANK YOU.

### **Step 4: Love – SAY: I LOVE YOU**

This can also be step 1. Say I LOVE YOU. Say it to your body, say it to God, say it to the universe. Say I LOVE YOU to the air you breathe, to the house that shelters you. Say I LOVE YOU to your challenges. Say it over and over. Just say I LOVE YOU and mean it. There is nothing as powerful as Love.

### **How to use this prayer:**

Repeat the four phrases like a mantra for 5-10 minutes, in a meditative state. Feel free to dedicate more time should you feel it is right for you!



## B. Purification Techniques

### 1. The Sacred OM

Let's begin with the definition of OM, to understand this a bit better and why it helps.

According to Britannica's website (<https://www.britannica.com/>):

*“Om, in Hinduism and other religions chiefly of India, a sacred syllable that is considered to be the greatest of all the mantras, or sacred formulas. The syllable om is composed of the three sounds a-u-m (in Sanskrit, the vowels a and u coalesce to become o), which represent several important triads: the three worlds of earth, atmosphere, and heaven; thought, speech, and action; the three qualities (gunas) of matter (goodness, passion, and darkness); and the three sacred Vedic scriptures (Rigveda, Yajurveda, and Samaveda). Thus, OM mystically embodies the essence of the entire universe.”*

Chanting the sacred Om, with a variety of intentions, or even just chanting without having a specific intention, helps lift your vibration by purifying any excess energies that aren't in alignment with your highest self.

Adding intention before you start chanting, amplifies the results and sets a destination and direction for your energy. It also creates a space for you to observe the results and keep you motivated, should you choose this as a daily practice for keeping up with the changes and supporting you in a deeper purification process.

Now sound healing, especially when the sound comes from your own voice, your own vibrations has been found extremely healing and soothing.

An example of intentions could be like this:

- For grounding
- For healing
- For purification
- For alignment with Higher Self
- For alignment with Spirit
- For alignment with the Cosmic Love



You can take this practice one step further by changing the intentions of your chanting.

The healing process can take place in levels and layers that don't need to come to your awareness. Every day as lightworkers and energy workers in general, we move tons of energy, resolving ancestral patterns, patterns that came up from other lifetimes (past or future lifetimes) and through this process we are collapsing energy patterns for the collective as well.

Not all healing processes need to be done consciously. We do the healing by making different choices, through dreamwork, subconsciously (because our full awareness isn't required), while daydreaming and literally in so many different ways that are not obvious to the naked eye.

This is why sometimes it is important to keep the intention general, which encompasses a lot of things.

In case you are working on vows and promises given in other lifetimes, like for example a vow of scarcity because you were following a religion, or a vow of silence, which are both energies stored either on your 3<sup>rd</sup> eye chakra or your throat chakra, you can set intentions accordingly.

Intentions you may want to use while chanting the sacred OM:

- Clearance on vows and promises (you can be specific if something specific has come to your awareness)
- Clearance of any spells & magic work that may have happened in other lifetimes, either directed from you or to you.
- Clearance of patterns that might be challenging to dissolve yet you have already observed them playing out in your life and your choices.

Make sure at the end of your ritual, you chant with the intention of being re-grounded and to integrate the new energies of your essence with ease and grace, preferably with the intention of your highest good and the highest vibration of love you can maintain currently.



## 2. Forgiveness

The vibration of forgiveness is connected with the vibration of unconditional love.

As mentioned in the previous chapter, a useful technique is the ho'oponopono prayer.

Sitting in a meditative state, for five minutes, repeating the phrases of the Hawaiian prayer, will reset you and rebalance you in your soul's frequency by having detached from resentments, frustration or anger.

You can use part of the prayer or you can even change it, adjusting it to what feels right for you.

Many times, while I sit in silence, I feel more at peace by offering forgiveness rather than asking for it.

The vibration of forgiveness is the same, either you ask to receive forgiveness or you offer forgiveness. It will support you to drop to your heart and connect with your heart chakra.

In the last case mentioned, I use two phrases repeating at each inhalation and exhalation:

"I forgive you,

I love you"

To sum up, the phrases of the ho'oponopono prayer are:

"I am sorry,

Please forgive me,

Thank you,

I love you."



### 3. Golden 5D Alignment

As we are ascending to the 5<sup>th</sup> dimension and are actually grounding this new higher frequency and less dense reality for the physical layer, it makes it easier when you visualize yourself becoming golden.

This is an activation of the light body, which then influences and accelerates the process of evolution for the physical body as well.

You will find a variety of benefits while visualizing yourself becoming golden and I will leave that part for you to explore.

Each one of us, due to our uniqueness, we experience the different vibrations of energy through colors in a different way. You may also find periods of time in your life resonating more or less with the same techniques.

This is more of a **meditative technique with visualization rather than a breathing technique**. You take two or three minutes of your time to close your eyes and visualize this state of being. You can also take a brief break from your day and do the visualization fast but effectively by fully focusing on the visualization.

The **steps** of this meditative technique are as following:

- Close your eyes and reground yourself on the 5D earth and let the energy flow in your body (root chakra).
- Reconnect with the Cosmos and let the energy flow in your body (crown chakra).
- Drop to your heart – if you haven't already) and feel your connection with the Earth and the Cosmos.
- Visualize your whole body from toes to head, becoming transparent and iridescent.
- Continue the visualization by feeling/seeing/sensing you are becoming golden. Take as much time as you like at this stage. At the point where you feel it was enough for you.

That's all. You can open your eyes, you have reconnected with the earth, the cosmos and yourself, you may feel rejuvenated and lighter mentally, emotionally and physically, balanced and centered.

#### **Technique Alteration:**

You can add to this technique and synchronize it with your breath.





At the last step, you can start visualizing each body part becoming golden as you inhale and exhale anything that needs to be released. When you reach the top of your head, open your vision to see your whole body being iridescent gold.

For example:

Right leg, left leg, pelvic floor & lower belly, stomach, chest and arms, neck and head.

#### 4. Ruby Colored Energy

It's a very interesting breathing technique to use on a daily basis that helps with grounding and abundance.

The benefits of this particular breathing exercise are:

- More effective grounding on planet earth and in the being of Self, in the physical body.
- Better connection with the physicality of life which helps in the expansion of the spiritual.
- Abundance.
- More joy and clarity of mind.

This breathing technique has 4 parts and all are different in the duration. We release more than we inhale, which leaves the body free from carbon dioxide, thus making us feel the process as a “small death”. Although it might be uncomfortable at the beginning, you will find it quite easy to adjust.

**Caution:** If you have respiratory issues, please be advised accordingly.

**Useful tip:** Have the tip of your tongue on the top of your mouth for all the steps. It supports better energy regulation on the body.

Four steps for this technique:

- Count to 3: **inhale** ruby colored energy coming up from the earth to your root chakra & whole body
- Count to 4: **holding** your breath & visualize yourself being ruby
- Count to 5: **exhale** & release everything – you can also visualize you are releasing a gray/dark energy



- Count to 4: **hold** without breathing in

In a short way the steps are: inhale – hold – exhale – hold.

Ruby colored energy is coming in, it is activating you, dark/gray energy is coming out to be released.

The **repetitions** advised for this breathing exercise are **5-6 cycles** per time. Please, do use your intuition!

To see the results of this technique, I would suggest continuing on a daily basis (once or twice a day) for three to four (3-4) consecutive weeks. For the results to be visible, it depends on the focus and the intensity of your energy while practicing the technique.

If there is a day you miss in between, you do not have to start all over again. There are days you might feel you don't need it or that it is better for you to skip it. Again, trust your intuition, your momentum isn't gone! Breaks sometimes are necessary.

### 5. Microcosmic Orbit Breathing Technique

The Microcosmic Orbit is a breathing technique and as with every breath work, you use your own energy by simply breathing in and out. You build resilience within your own system and it is helpful for clearing and purifying your energy on many levels.

The **benefits** of the Microcosmic Orbit Breathing Technique are many and to mention some are as following:

- Breathing longer and deeper in depth of time.
- A better connection with the physical body.
- Activating yourself in regards to the intention you use.
- Clarity & directed focus.
- Dissolving stagnant energies & removing blocks in the flow of your energy and essence.
- Strengthening your aura & expanding your awareness which leads to expanded memory capacity.



The more you practice this technique the more benefits you will discover for yourself.

**The steps are:**

- Visualize a bowl at the bottom of your spine (like in the picture)
- This bowl contains a colored energy (it depends on your intention. E.g. red liquid energy for strengthening your root chakra and healthy boundaries)
- Inhale for 4 seconds and visualize this red liquid energy is coming up from your spine.
- Hold for 4 seconds having the energy in your head and use a mantra such as "I activate my root chakra" or "I have healthy boundaries". To keep it simple, repeat "I am activated".
- Exhale again for 4 seconds and bring the energy down to the bowl in your pelvic floor.



You create a circle of energy, coming up from your spine, staying in your head area and coming down from in front of you.

**Useful tip:** Have the tip of your tongue on the top of your mouth for all the steps. It supports better energy regulation on the body.



Make sure you use **equal** times:

- Count to 4: inhale
- Count to 4: holding your breath & repeating the mantra
- Count to 4: exhale

You can gradually raise the count from 5 up to 8. If you feel like changing for more or less seconds, please feel free to use your intuition to go along with what you feel is best for you.

**Important tip:** Inhale and exhale slowly. That gives you enough space to cover the time but also it helps you become more present and more focused.

The **repetitions** to use on this exercise can vary.

On a daily basis you can do the orbit 8-10 times and please feel free to time it and use time instead of the number of repetitions because it will take too much of your concentration off of what's important to focus on. You are already counting the time of each step.

If you have more demanding tasks through the day or want to finish up something specific, repeat the Microcosmic Orbit for approximately 10 minutes. It will bring you to the present moment, with a lot more energy, clarity and full focus on your task and will put you in the zone.

It may be challenging at the beginning to focus on the breath, the counting and to your physical body. It feels like multitasking. The more you do the exercise the easier it becomes to get the counting on the auto pilot by using your fingers for the count and truly focus on the color and directing the energy up and down in your system.

To see the results of this technique, I would suggest continuing on a daily basis (once or twice a day) for three to four (3-4) consecutive weeks. For the results to be visible, it depends on the focus and the intensity of your energy while practicing this particular technique.

If there is a day you miss in between, you do not have to start all over again. There are days you might feel you don't need it or that it is better for you to skip it. Again, this is coming intuitively, your momentum isn't gone! Breaks in between sometimes are necessary.



## Microcosmic Orbit with Colors

The most common way of practicing the Microcosmic Orbit is with colors and intentions connected to the colors.

In this section, I am giving you a color guide, for which color to use and in which way that helps.

Please, have in mind that each one of us is unique and perhaps you have a different feeling of each color. You can make your own associations by improvising and following your intuition or you can set a specific intention linked to each color.

Either you use the guidelines I am sharing or choose to create your own, both will be beneficial in the way they are intended to be.

What plays a role is your ability to focus on the exercise and the visualization of the colors coming up and down.

### Color Guide

Red = strengthens your root chakra and the sense of being in the physical body

Orange = strengthens your sacral chakra and your psychic abilities, creates a protective energy with your own essence

Combination of red and orange = strengthens your psychic abilities and intellectual abilities

Yellow = for confidence and self-worth, believing in yourself (solar plexus chakra)

Green = strengthens your muscles and unconditional love (biological heart is also a muscle)

Gold = strengthens your highest version and light body, your crystalline form

White = it is helpful for purification and it strengthens your aura

Blue = strengthens your connection and understanding of emotions, comprehension of emotions, release

Purple = enhances your connection with the divine and soul expression, association with the crown chakra.



### **A couple of examples.**

When I wanted to focus on my thesis on my post graduate degree (several years ago) I used the combination of red and orange colors to help me increase my intellectual abilities, get into the groove and focus my attention to the fullest of my abilities. It was also important for me to turn off any other distractions, like my phone and social media for example and to make sure I wasn't going to be interrupted by anything or anyone else.

I would move on my thesis 20 pages per sitting of three or four hours, with full focus and by being in the zone of creation.

Another example is when I was learning to play chess. I was taking classes on chess but the times I did the microcosmic orbit before the class, my results while playing either with a classmate or the teacher, would be extraordinarily improved, to the level of winning the game.

I am using these two examples to showcase the depths of the changes I was observing on myself and the difference it made, as they are both quite outstanding examples from my experience and with measurable results.

### **Microcosmic Orbit with Emotions**

In the same way as described with colors, the Microcosmic Orbit can be used with emotions.

We live on a planet of water which represents emotions and the fluidity of life.

This is an alteration of the initial version that came to me and while applying it, it made a huge difference in my energy and created a shift!

Instead of having a color in the bowl, in your pelvic floor, imagine a liquid emotion. For example, happiness in the form of water. Bring up – while inhaling – the liquid emotion, activate your brain by repeating the emotion, “happiness, happiness, happiness, happiness” and bring it down from the front side, down to the bowl.

It rewires your brain and the neurons and activates your system to the frequency of that emotion.

## Ascension Process: Tools & Techniques



Emotions you can apply on this technique:

- Happiness
- Joy
- Gratitude
- Love
- Abundance
- Combinations of two emotions

The high frequency of positive emotions is found to be healing and it creates a euphoric state of being from where you can tap into your inspiration, creativity and more!



## C. Quantum Field

Some years ago, Edgar Cayce was the first one who started opening Akashic Records and created a way for us to connect with that energy! He was a pioneer and since him, more spiritualists started accessing Akashic Records and bringing information through!

Similarly, connecting to the Quantum Field, helps us align within ourselves in the best and most efficient way and co-create an aligned life. The more we tap into the Quantum Field, the easier it becomes in changing frequencies for Self, the more we influence, without trying, the evolution of the collective.

You see, when using a specific vibration, each one of us individually, with the intention of the highest good, that frequency becomes more “familiar” to everyone around you as well. You also ground something different as “normal”, like in the situation of Edgar Cayce and the Akashic Records.

Imagine there’s a space where everything exists all at once. Infinite possibilities and everything you can think of, exists in that space. This space has many different names and you probably have already encountered this - one way or another. It is where pure awareness just IS. It is called quantum field or zero point and it is commonly used in manifestations, energy healing work and all sorts of modalities.

When you connect with this frequency of the Quantum Field, you open up yourself to the infinite wisdom of everything that is. Everything-ness and nothing-ness exist at the same time.

The way to connect with this frequency is through feelings and emotions. Afterall, we live on a planet that is governed by emotions - the water element.

**Important Note:** When accessing the Quantum Field (QF) you allow yourself to receive the energy from that space, you don’t just change in a mental or emotional way. Depending on the reason why you are accessing the QF you also allow changes in the physical. That’s what many quantum healers do. They become the medium for the change to take place in the physicality of our existence and they hold the space for the physical healing to happen. Working with the QF, you don’t define how the change is going to happen, you are focusing on the end goal, the result.

### How to tap into this feeling?

Bring your awareness to your heart chakra & your physical body.





Just be and breathe in and out with the intention to connect with your essence.

That alone, brings up a euphoric feeling of bliss and inner peace. Stay in that energy for 5 minutes a day, as a practice. Eyes open or closed, is up to you!

### **Mindset**

Everything you want and desire, is already HERE. It is already happening in parallel universes and in this lifetime too, as space and time are concepts of the human mind and perception.

The trust, faith and understanding of the infinite possibilities is a powerful combination to allow you to manifest through the Quantum Field.

Let it transform you, let it be your “go to” place when you are manifesting, when you are tapping into your highest timeline, when you are inviting in the ideal person for you, when you are becoming the next highest version of yours, when you are looking for solutions and ways that your future self has already mastered.

By applying this as an everyday practice, any limiting beliefs or blockages are being dissolved and dissipated, a new mindset is being integrated and embodied. Your energy field is transforming, allowing you to be the best version of yourself, in your highest timeline. Everything you desire is already here.

The practice you can apply is as follows:

Dedicate 5 minutes of your time, to tap into the Quantum Field as mentioned above. The intention you can use is to become the next highest version of yourself and come into full alignment with your Soul and Spirit.

Be playful with the intentions, change them as you see fit, adjust them to the current needs especially if there's something you are interested in manifesting or for self-healing.



## Stay in touch

**Elena the Greek** is not just an **energy healer, psychic medium, and oracle**; she's a **transformative conduit for celestial wisdom**. With her work rooted in healing at the **soul level**, Elena achieves extraordinary results that reverberate through every facet of your life—**mind, body, and spirit**.

At the core of Elena's practice is her passion for empowering individuals to reclaim their **divine gifts**. What truly sets her heart alight is guiding you to connect with your **True Self, unlock your Soul Gifts, and heed your cosmic callings**. With a specialized focus on Chakra-based healing, Elena employs a rich multifaceted, multidimensional **spiritual wisdom** to help you **achieve balance and harmony**.

But Elena's gifts don't stop there. As a starseed channeling light language, she serves as a bridge between **earthly and celestial realms**, providing the unique ability to dissolve blocks which as a result activates latent gifts within you. The light language she channels enables you to transcend mundane limitations and awaken the magic within you, thereby contributing to the larger cosmic symphony.

If you're ready to **step into your power** and **unleash your divine potential**, Elena the Greek offers not just a service, but a transcendent experience that will illuminate your path to self-mastery and celestial connection.

- ✓ To work with Elena, book a session with her through her website:

<https://www.elenathegreek.com/private-sessions-1>

- ✓ To check her Udemy courses visit the link:

<https://www.udemy.com/user/konstantina-bellou/>

- ✓ For her videos & guided meditations on YouTube follow this link:

<https://www.youtube.com/@elenathegreek/>