



# THE YOGA OF SELF-ASCENSION

## *The Art of Ascended Living*

*A gift of love for Humanity's Moment of Divine Inquiry*

May your heart know Peace, Love and Joy!

Sri & Kira

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**I AM Here**  
**I AM Ready**  
**I AM Open**  
**Guide Me**

***...The Mantra of Self-Ascension***

*A gift of love for all from Archangel Zadkiel*

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“Know that Joy is your measure!  
Joy is the signal from the soul that you are  
doing exactly what you need to be doing.  
Joy is a practice, it is a choice.”

*Archangel Zadkiel*  
*Page 104, Sacred Union: The Journey Home*

## **Namaste and Welcome to the Yoga of Self-Ascension!**

Humanity is navigating uncharted water! The Ascension frequencies that are rapidly expanding and shifting from 2015 – 2022 are forcing us all to clearly REMEMBER ourselves! There is a seemingly daily confrontation of ALL the senses that are seeking our attention. The planetary thought body is filled with fear and the projections of negative outcomes are easy to find! Many are promoting panic and fear and it is easy to begin to wonder if the end is upon us all! Everything is seemingly under assault as we confront economic turmoil and Earth Changes. *YES! Things are shifting!*

Humanity is at the ultimate moment of revelation and you are living a great adventure by choice! Regardless of what you may sense, you CHOSE TO BE HERE...RIGHT NOW...in this moment of THIS timeline!

Yes, for many, the paradox of separation with its many intricacies has become the fabric for this life's journey. This cacophony of experience has brought you to your opportunity for awakened Consciousness. It is why you are connecting with this little book, right now!

Breathe, relax and allow the energy of these times to stimulate you to live abundantly, joy-fully and with the presence of the master you are. Why not flourish through the perceived challenges? How?

*Simply remember that your spiritual Pathway IS your life!*

Feel the ignition that is already coming forward. Your heart is already in motion and your soul is ready to awaken...ever more! Celebrate!

Take in another beautiful deep breath and relax it out with a smile...

**NOW is your time for Self-Ascension!**



## **What is the Yoga of Self-Ascension?**

*A Journey that will Forever Shift the Way you Live your Life!*

Spiritual growth is an awakening! A remembering of who you are as a spiritual Being, independent of time and space. Sacred Union is an honoring of this remembering. The purest “root” of Yoga is the ancient energy that joins the individual self with the Divine. This offers any who seek with sincerity the blessing of reunification and eternal Oneness.

*Self-Ascension is the journey of our divine consciousness that celebrates this ancient and mystical Truth while still in form.*

The Yoga of Self-Ascension brings us “home” to our essential Authenticity in our own way; for all beings are traveling their perfect pathway! The Yoga of Self-Ascension through the Art of Ascended Living, teaches and shares sacred information that nourishes Authenticity. Sri & Kira have brought forward this ancient mystic gift and are blessed to be consciously guided by the Ascended Masters, Archangels, Mdm. Blavatsky and their beloved gate keeper, Archangel Zadkiel. Together with their extraordinary compassion and wisdom and dedication to Lord Shiva, they bring to the planet at this crucial time in our collective history a beautiful gift and offer it freely to all.

*Giving yourself the gift of activating your Soul’s Purpose for its highest expression allows you to nourish and maintain a state of enlightened living and true bliss. This is the essence of the Yoga of Self-Ascension.*

Self-Ascension is a pathway that opens the doorway of Enlightenment, and teaches you “how to live the energy” through the Art of Ascended Living.

**As you enter the journey, may you REMEMBER that  
the Yoga of Self-Ascension is Paved with Peace, Love and Joy!**

**Peace Knows God**

**Love Connects with God**

**Joy Embraces God**

The Yoga of Self-Ascension re-tunes your identity from the personality-self (*ego*) to the Divine-Self (*Soul*), which is your Authentic Self.

*This invites you to release the grip of the ego and reside in spaciousness. Listening to your Spiritual Guidance opens the door for the Divine-Self to come forward and to live from your Divinity in the heart-centered state that is in harmony with all, ever joy-filled and manifestly abundant!*

Conscious evolution is both challenging and rewarding. As we blend soul-consciousness into our day-to-day experience, the "dramas" of the ego begin to first flare up and then permanently dissolve. This is the gift of the Art of Ascended Living! Calling in the practices and connections to sustain the co-creative nature of the divine IS POSSIBLE and IS YOURS TO CLAIM!

As your Authenticity emerges into your day-to-day life, you may be called to a new career, a new primary relationship, or experience other changes that can stimulate fear. Remember fear is usually birthed from your inner child. As you practice the Yoga of Self-Ascension, fear becomes less motivating and your TRUST in the divine flow gains MIRACLE PRESENCE.

The Yoga of Self-Ascension reminds us beautifully that with focus and trust we can accomplish our dreams. We recognize that to do so we must learn and seek lovingly guidance. In the end, we rediscover the gift of our soul's wisdom and cultivate the inner voice with clarity and gratitude!

**The Joy of Soul-based living is worth the effort and we celebrate your decision to live Authentically!**

When the process of the Yoga of Self-Ascension was first introduced by Archangel Zadkiel, the following question was asked:

Q: What is the difference between Self-Ascension and Ascension?

Archangel Zadkiel: *“Self-Ascension is the conscious recognition of the master you are while you are still in form. It is the release of all self-doubt and fear while calling forth the soul as an active participant in the life-experience. We smile at the talk of “ascension”, for it is not necessary to ascend back to that which you already are! You simply need only remember and live your life with that knowing as a presence for others to do the same!”*

## Living Peace: The Four Steps of Self-Ascension

You may be asking yourself the following questions:

- *What is The Yoga of Self-Ascension and Authenticity?*
- *How does this differ from what I have experienced or heard before?*
- *How can I embrace true freedom while living in the habit of fear, or how can I stand in liberation while clinging to judgment?*
- *Is it possible to break free of these habits, and live in Authenticity?*

Along with these questions there is often the underlying question that asks for peace! This may just a moment of peace, yet, the “search” for peace is present! Whether it is peace in your daily life, in the lives of those around you, or on a global scale **the energy of peace carries TRUE POWER.**

Peace is your birthright! *It is a state of consciousness, not an environmental requirement.*

It is the ability to *LIVE that Peace within a fear-based paradigm* is what presents the challenge.

*The Yoga of Self-Ascension is a gift we give ourselves by embracing our Authentic Peace, Love and Joy.*

Self-Ascension transcends the habit and belief that Peace, Love and Joy are emotions. They are a way of life, an Authentic pathway that consists of 4 simple steps. These steps are in no particular order and indeed the farther along the journey, the more refined they become. However once we are aware of the steps then we are ready to walk with them! They are:

**Surrender**

**Release Judgment**

**Unconditional Love**

**Be in Union.**





**Becoming aware of the 4 steps of the Yoga of Self-Ascension, let's look at them individually.**

**Surrender:** The ability to *Surrender what surrender looks like!*

This is the moment when we stop making deals with the Universe! So often we resist our Divine birthright that we forget how easy it is to claim it. The “concept” of surrender is often debated and mis-understood.

*The Art of Ascended living teaches us that surrender is simply the “relaxing” of the need to have all the answers. It is the precious gift of “allowing” the Divine to work through us.*

You are a divine being with great co-creative capacities.

We often get in our own way. Surrender opens the portal to our eternal wisdom that calls forward an authentic and abundant life. Our life mission is to remember that we are masters capable of divine achievements spiritually! We are here in this lifetime to to call these gifts into manifest form. This becomes a simple process when we relax into surrender, reclaim our self-trust and exhale with the smile of awareness that all is well.

**Release judgment: BEGIN WITH YOU!**

To embrace this step begins with your full and unconditional release of judgment of the self. Until we re-awaken to the wisdom of the spiritual mysteries our lives are a series of unconscious events. These events are what have brought us to the moment of awakening.

Once this is accepted, you are ready to allow the precious gift of who you are to be fully appreciated. To fully release judgment of the self is when you are ready to become totally honest about everything.

*Can you gaze into a mirror and smile at what you see?*

*Are you able to bring yourself into the role of witness of your own life?*

Until we can fully release judgment of the self, we are not able to release our judgments of others and often find it difficult to forgive. It is this lack of forgiveness energy directed toward the self that perpetuates judgment and stop us from a life of Peace, Love and Joy. The Yoga of Self-Ascension teaches us to move through the judgment and claim our abundance!

**Unconditional love:** *What if, just for today, you allowed yourself to simply appreciate all of the souls on this planet?*

How would it feel for you to offer yourself the freedom of embracing ALL paths to the Divine? This includes the honest recognition that each path does not need to be the same as yours, and may indeed be radically different.

THIS is the experience of Unconditional love!

*Free yourself from believing that you are anything other than Unconditional love, and the door of your true soul opens wide.*

Unconditional love is waiting to be experienced. To discuss this energy as a concept is to minimize its extraordinary power in your life. The Yoga of Self-Ascension teaches us to navigate our way through this energy. And as we fully let go, we discover the gift of becoming the innocent child in harmony with the wisdom of the wise adult.

Gaze at the extraordinary manifestation of yourself in the eyes of all without exception. As you do, your heart will offer you the gift of re-ignited wisdom and passion for your life's journey through Unconditional love.

**Be in Union:** *The Divine Oneness of the Body and the Soul.*

For many the concept of Union is an external understanding that demands another to experience. Through the Yoga of Self-Ascension we learn that when we boldly and completely accept Union with our Soul authenticity, we discover the magical presence of our "divine self".

The Art of Ascended Living ignites and stabilizes the awakened presence that comes forward through the union of our form with the Soul. It is the mystical experience of oneness and reunification. When we invite this gift to permeate our life experience and honor our sacred union of oneness, it is then that we are ready to be in Union with a partner.

Along the way we may have many partners that assist us to discover the moment of oneness within. This is a beautiful gift as these "relationships" prepare us for divine "partnership".

**In this moment allow yourself to say “thank you” to your soul for holding the space of Union for you. Feel yourself step into the divine embrace of your sacred heart as you breathe the truth of your Authenticity.**

**This is when you will know the freedom and Abundance of living in Peace, Love and Joy. This is where you were born to return.**

## **Who is Archangel Zadkiel**



The beloved keeper of the Violet Flame of Transmutation, Archangel Zadkiel works with the Ascended Master St. Germaine.

Archangel Zadkiel is here at this moment in history to offer humanity mercy, compassion and upliftment.

Biblically, Archangel Zadkiel is credited with holding back the hand of Abraham from sacrificing his only son.

Archangel Zadkiel is also found in the Tree of Life as the Fourth Sephirah.

Many claim his name means the “Righeousness of God”.

Zadkiel energy is filled with Love, Joy and Laughter!

The shield of Zadkiel is a powerful energy that assists humanity to navigate these times and you can learn more about Zadkiel’s shield at

[www.SriandKira.com](http://www.SriandKira.com).

## **The Self-Ascended Chakra System**

The chakras are traditionally recognized as seven energy centers along the spine. Each is usually associated with a specific color and most often experienced as an orbital energy within the body. This traditional system of viewing the energy of the body has served humanity for millennia.

As we are now at the moment of Self-Ascension, so are our chakras!

The Yoga of Self-Ascension teaches us that the Self-Ascended Chakra system, (next page), depicts our traditional chakras in the Self-Ascended state. Each of the chakras is contained within the Merkabah of our energy body that is also raised into a higher vibrational state. This causes the Merkabah to align with the Golden Mean ratio or higher aspect pyramidal form.

Similar to the traditional chakra system, these energies are also found within the physical body at the same locations. However, it is most important to note that Self-Ascension energy is experienced as the swirling spiral of the infinite.

This shift is a tangible and peaceful experience of the energy that assists the body to stabilize the heart center as the true root center of the Self-Ascended state of being.

You will also notice that beginning with the fourth or heart chakra, (counting from the bottom up), two infinite spirals are intersecting. This represents the cosmic energy integrating with the physical body at the heart center.

Often when one first calls forth their heart center as a “new foundation”, it can be momentarily felt as de-stabilizing.

After all, for years you were told to offer this energy to your root center.

However our planet is now lifting and we are being asked to lift with her. To do this requires us to re-anchor our center as the divine heart! As we move above the heart center, you will notice that the double infinite intersection does not exist at the throat , (or fifth chakra).

This is significant since in the Self-Ascended state, words are unnecessary.

The throat transcends and becomes the truth chakra. Through this beloved shift we are able to fully call forth the Divine integration of the heart and the mind without the interference of language.



The Self-Ascended Chakra system culminates with full illumination just above the crown chakra, (top of head).

This is the Lotus or eighth chakra as the stable opening of loving trust in Universal inspiration.

When our Self-Ascended Chakra system is fully illuminated it opens the Golden Spiral of Divine Connection that “fuels” our Ascended Merkabah. This gateway opens our divine nature to effortlessly experience the fullness of enlightenment and assists us to maintain peace, love and joy in our daily lives.



***As we do this, the Art of Ascended living practices assist us to remember that we are responsible for assisting our chakras to stay in the bliss state.***

Emotions will try to distract us from the peace-filled bliss that is our deeper nature. With anger being the most destructive. Anger has one purpose: to notify us when our boundaries have been violated. Anger offers a “push” energy to assist us to establish a boundary, usually emotional, to protect us.

Everyone has had the experience of being “crosses over the line” thereby triggering anger. It is the universal signal that your comfort zone has been violated. Often times, we were not conscious that things had gone too far until anger appears. We each have many boundaries and expectations that we project out onto the world.

When someone triggers our anger it is a blessing to first be aware if we had shared our boundary clearly. Thus, self-responsibility is paramount.

When you feel any anger or frustration, it is a divine opportunity to stop and listen to your inner wisdom. What expectation was violated? What are you needing? If another person is involved, the kindest action is to inform them where your boundaries are. It is when we do not share with clarity that we send the message to the universe that our needs don't matter.

When we deny our needs, when we are dishonest with ourselves, we set up an energetic “charge” that perpetuates the problem and often creates cycles of repetitive disappointments. This moves our energy and shifts our chakras out of balance. Repetition then solidifies the unhealthy pattern.

This repetitive pattern of not getting our needs met, (because we have not been honest with ourselves), holds in place the subconscious belief that “there is something wrong with me,” and “I don't deserve to be happy,” and denies our true abundant nature to manifest!

The Art of Ascended living teaches this beautifully within the Navigating the Inner Matrix home study program. Through a series of extraordinary lessons you unravel and heal these subconscious patterns while lifting into the frequencies of Ascended Living.

Self-consciousness is a beautiful journey that unravels deeper levels of truth. Along the way when you feel uncomfortable it is an opportunity to unravel a deeper truth and expand into mastery. If your life has repetitive emotional patterns that are uncomfortable, The Yoga of Self-Ascension offers you resolution. Repetitive patterns are a sign that you are unconscious of the deeper truth and your connection with this little booklet means you are ready to break free.

*How can you discover the truth if you have already repressed it?*

If the repetitive pattern involves another, then you are both committed to the denial. Seek clarity by exploring the issue with someone who does not have their own denial patterns in place!

*Self-responsibility requires the energy of willingness.*

Willing to look, willing to trust, willing to feel and willingness to take action.

The Yoga of Self-Ascension requires teaches us that willingness is a key to freedom. Through willingness we regain the self-trust and sincerely that allows us to be honest with ourselves and to fly!

*Self-Ascension is the freedom to lift into your highest expression consciously and Joyously.*

Anger can be your friend IF you harness it to discover your deeper truth AND share that truth with your partner and friends. Anger always has a target, thus it must involve both parties if the energy is to be useful.

With self-trust and honesty, anger serves it's highest intent and provokes an "ah ha" moment. That uplifting moment releases the anger energy and opens a flow of Joy. Anger is a call to self-responsibility.

Personal evolution is predicated upon self-trust and honesty. With these two qualities in place, we resolve pain, attachment and limitation. Your personal Self-Ascension process becomes a natural flow of abundant support.

*Self-Ascension teaches you how to allow yourself to unplug from conformity to density consciousness.*

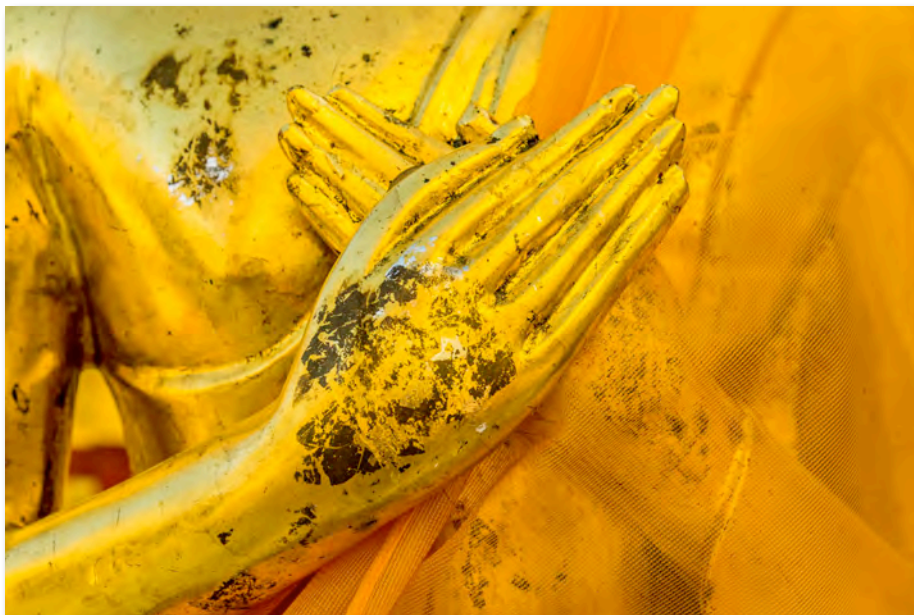
To assist your success, here is a simple yet powerful process from the Navigating the Inner Matrix Program.

### **The Breath Awareness Process**

1. When you feel triggered, begin by bringing your hand to your heart as you take in a deep breath.

2. Focusing upon your breath, begin to notice your experience, just notice. Then, with sincere intention declare with your hand still on your heart: *“In this moment I trust myself.”*
3. Relax and then breathe deeply into your belly, and forcefully exhale.
4. Notice that feeling of being more centered in your heart.
5. Declare with presence, (hand still on heart),  
*“I tell myself the truth.”*
6. As you relax your hand and allow your breath to be easy and gentle, explore your feelings and thoughts. Discover a deeper level of truth. We alone are responsible for our inner experience of the world.

***Why not choose Trust and experience Joy?  
It is your birthright!***





## **Are there Self-Ascension Symptoms?**

Simply stated that answer is YES! As you learn about these very tangible signs that will unfold in your life you will discover a greater sense of peace.

Remember that time is folding upon itself!

As the energies on the planet escalate rapidly,  
***your third dimensional experience IS SHIFTING!***

With the rapid stabilization of the energy of the Fifth Dimension, many people are experiencing changes in the body, mind and emotions.

The 3D “experts” would call these symptoms! There are many that may try to medicate these experiences, when in fact, they are ***Ascension Acceleration Energy Experiences!***

This list has been compiled at the request of the Archangelic Realm to offer you reassurance and “enlightenment” as you walk through this process of rapid integration toward your Self-Ascension.

***Know that these energies appear as “markers along the way”.***

***They are signs of your expansion and not to be feared!***

If you are experiencing one or all of these energies,  
we encourage you to:

**Breathe, Laugh, Smile, and KNOW!**

On the next several pages you will discover a handy checklist. Take your time, consider the information and then allow yourself to relax.

## AAE Checklist

1. Headaches: May be experienced as non-localized pressure in the head, or as waves of pressure that seem to move. Third eye “pressure”.
2. Visions and/or new “sight”: Your vision may seem to be shifting or non-stable. You may feel you require glasses one day, and a different shift the next. You may be certain you are “seeing” someone/thing out of the corner of your eyes. A deepening sense of the ability to “see”
3. Sleep pattern interruptions: This takes on several different forms. The most important thing is to allow the energy to flow. Try not to resist it. You will not be sleep deprived unless you ‘fight the flow’, (see January 1, 2005 message)
4. Feeling that you are going crazy, or losing your mind. This may also feel as if you are unable to focus in a manner you are accustomed to.
5. Re-visiting habits and patterns that you were confident were gone. Try not to go into judgment around this. In order to fully “ascend”, you must be at peace with old habits. Just say “thank you”, and keep moving forward!
6. Emotional tenderness, mood swings and “mania”. Know that you are moving an extreme amount of energy. Be gentle with yourself through this shift.
7. Embracing Unity consciousness. Feeling overwhelming love for all of humanity, the planet, your existence.
8. Heightened sensitivity to smell, sound, and taste. This can also include a shift in your eating preferences, aromas you enjoy, and music selections.
9. Losing track of “time”. This can manifest as missing appointments or exits on the freeway. Being late for meetings, needing to ask “what day is this?”
10. Physically dropping or bumping into things. Be careful here, know when it is not a good time to be cutting the vegetables!
11. “Hearing” high pitch tones, or a series of tones. This may also be accompanied by a pressure in one or both ears.
12. Spiritual Death or brief suicidal thoughts. Try to remember that these are merely third dimensional concepts trying to unlock an understanding of what you are experiencing.

13. A heightened sense of “not being on the planet”. This may also express itself as a sense of detachment, and occasionally may feel like a hangover.
14. A general sense of “free flowing” energy which can often manifest and be mis-interpreted as anxiety without basis.
15. Krias: jolts of energy that are felt physically and often will move your body. They can be felt as a wave of energy of a sudden jolt that may lift you. Breathe through this experience and let the energy flow.
16. Lack of focus and attention for any length of time. Try to patient here, keep lists, and simply recognize that you were busy in another dimension.
17. Heightened/newfound discomfort with some public environments. This is usually triggered in “high density” buildings with toxic lighting, air, etc.
18. Sudden urge to make everything spacious. You may desire to release a personal “treasure”, feel a need to remove old clutter, donate old belongings, and remove furniture.
19. Heartburn or chest pressure. Your Galactic Heart is opening!
20. Attraction to new colors. This can also include a desire to totally change your wardrobe. Paint your bedroom, etc.
21. Change of priorities in your career/relationships. This often occurs when there would be no “rational” reason to make a change, however, you feel called to make a change.
22. Feeling of “moving fast”. You are accomplishing more energetically in a shorter period of time! This may have a physical “rush of energy” sensation. You may find yourself on a Friday feeling as if a month has passed instead of a week.

Now that you have allowed yourself to identify some of the AAE’s that may be coming forward as part of your Self-Ascension journey, the logical question is:

***How can I make this easier?***

Here are some ways to flow with your expansion into Self-Ascension.

## **Tips for Flowing with AAE's**

1. First and foremost, do not panic or over-react! Know that, this too shall pass.
2. Offer yourself the gift of deep breathing. Bring your hand to your heart, center yourself, take a deep breath and ***Trust your process!***
3. Choose Joy!
4. Drink as much fresh, pure water as you can.
5. "Lighten" your nourishment. Ascension Energy is "light" and a dense diet will be in conflict with the flow. A vegetarian diet will make the transition easier. Even if you only "lighten" a few days a week, you will notice the difference.
6. Use the Mantra of Self-Ascension daily to ground yourself in the truth of conscious evolution. ***I am Here, I am Ready, I am Open, Guide Me.***
7. Gift yourself with gentle movement every day. This can be as simple as walking, Sacred Yoga, swimming. Just allow yourself the connection of moving the energy.

*"In the creationism energy the truth of your consciousness will be your greatest expression."*

*...Archangel Zadkiel*



## Who are Sri and Kira?

The Yoga of Self-Ascension, The Art of Ascended Living is gifted to the world through the TOSA Center of Enlightened Living. Brought forward to the world by Sri Ram Kaa and Kira Raa, together they surrendered what most consider “normal” lives to be of complete service to all.

Sri Ram Kaa and Kira Raa are two mid-life former CEO's. Fiercely-independent individuals, they discovered the joy of surrendering into a depth of intimacy that is rarely sustained in partnerships.

Unknowingly and instantaneously, they activated their soul agreement resulting in a spiritual expansion that avalanched into angelic visitations. They were shown visions of a possible new earth and received divine guidance that stimulated the transformation of their bodies, minds, and hearts.

The One with the Other, they were drawn like magnets to the edge of their comfort zones. There they discovered time and again that we all can chose to say "Yes" as we walk through fear, doubt and self-judgment into the Peace of Self-Ascension!

Honoring the Divine Prophecy as revealed to them by Archangel Zadkiel, the Ascended Masters and the guidance of Lord Shiva and the Cosmic Essene, they are committed to the Authenticity of all beings and honor all paths.

Best-selling authors of Five books and hosting Sri and Kira LIVE!, ( one of the highest rated in its genre), Sri and Kira are committed to living the gift of The Yoga of Self-Ascension and assisting others to do the same.

*"There is only the NOW and the soon to be NOW"*

...Archangel Zadkiel



## **What People are Saying about Sri & Kira**

**“Sri and Kira are Uplifting the Consciousness of the World!”**

***Newsweek Magazine***

**“I feel a sense of joy when I am in touch with Sri & Kira. I feel like I am joining my essence with theirs and it feels wonderful!”**

***Barbara Marx Hubbard***

**Author, Social Innovator and President of the Foundation for Conscious Evolution.**

**“Two of the best examples of open-mindedness!”**

***George Noory, Coast to Coast AM***

**“Sri and Kira are bringing forward important work for these times. I suggest you pay attention!”**

***Dannion Brinkley***

**Million Selling Author: *Saved by The Light & Secrets from the Light***

**“Sri & Kira’s work is really timely and very important for the world!”**

***James Redfield***

**Million Selling Author & Movie Producer: *The Celestine Prophecy***

As you begin or continue your  
journey through the  
Yoga of Self-Ascension,  
with each breath may you in  
All-ways remember...

**YOU ARE THE MIRACLE!**

