



WHAT IS THE ISHAYAS' ASCENSION?

The Ishayas' Ascension is a series of simple, profoundly effective mechanical techniques that allow one to Ascend , or rise beyond, stress and self-defeating beliefs. Once this occurs, it is possible to be fully centered in the heart and reclaim our naturally enlightened state of freedom and innocence. The Ishayas' Ascension is so effective because the techniques are based on the fundamental principles of praise, gratitude and love, drawing one inward in a way that is extremely charming to the mind.

Why do we need the Ishayas' Ascension?

As one grows into adulthood, the nervous system becomes imprinted with every experience it has ever had, including traumatic ones. These imprints, or stresses, cause us to respond to various life experiences in habitual, often negative, ways. The easy-to-use techniques of the Ishayas' Ascension systematically erase the stresses of the past and create the ability to respond to present situations with more creativity and flexibility.

How does the Ishayas' Ascension work?

In as few as twenty minutes with the eyes closed, the Ishayas' Ascension allows the body to reach a level of rest that is about twice as deep as the deepest sleep. This allows the body's natural healing tendencies to activate, permanently clearing the nervous system of stress.

How often does one need to practice the Ishayas' Ascension to experience results?

The recommended minimum is two to three times per day, for twenty to thirty minutes with eyes closed. It is suggested that one Ascend in the morning, in the evening, and before bed. In addition, the Ishayas' Ascension can be practiced at any time, in any situation with the eyes open. It is a wonderful tool for experiencing life fully in every moment.

Are any special preparations required to practice the Ishayas' Ascension?

No. In fact, comfort and innocence are keys to successfully practicing the techniques. The more one can approach them without preconceived notions of what it should be like, the faster stress will dissolve from the nervous system. No special positions, no special preparations and no belief are required to achieve the desired results.

What happens as more and more stress is permanently removed from the nervous system?

As more and more stress dissolves from the nervous system, one's ability to handle life's challenges in the present moment increases. Latent creativity and talents begin to manifest. Many people find that the longer they practice the Ishayas' Ascension, the more efficiently they work and the less sleep they need.

Are there other benefits to using the Ishayas' Ascension?

Yes. The effects are immediate and cumulative. As the nervous system becomes more and more clear, the Ishayas' Ascension begins to serve its true purpose; the heart and mind come into alignment, producing a state of constant inner stillness, clarity and oneness, known as Enlightenment. In this state, because one is no longer reacting to the limitations of the past or projections of the future, life is lived fully in the present moment. This pristine clarity is not easily interrupted or shaken by the challenges of everyday life. When regularly practiced, the Ishayas' Ascension leads to Enlightenment in far less time than traditionally assumed.