



The First Four Ascension Techniques

Together these four techniques work to heal any self-destructive program, any stress, any past limitation or painful belief that keeps awareness bound to the waking state. They are the Keys to the Door of Everything. They are pure magic, protected from the changing world for centuries by the Ishayas. It is with great joy that we pass on these techniques exactly as we learned them from the Ishayas.

Praise

The Praise Ascension Attitude is the most basic, the most fundamental of all the techniques. The Praise Ascension Attitude heals our subjective experience of the universe. This is the root attitude of all the techniques taught by the Ishayas. This technique can be used any time, day or night, with the eyes open or closed, to cause a calming and healing effect. Practiced with eyes closed, this technique produces deeper rest than sleep. Because of this profound rest, deep-rooted stresses dissolve that are never touched by sleep.

Gratitude

The Gratitude Attitude is subtler than the Praise Ascension Attitude. The Gratitude Attitude deals with another of the fundamental stresses that needs to be healed to experience life fully. The Gratitude Attitude aligns our relationship to the objective world. This is the first technique designed to heal our relationship with everything in the physical world, including our bodies.

Love

The Love Ascension Attitude heals another one of the fundamental misconceptions that keep us from experiencing who we truly are. The Love Attitude deals with our relationship to the Source, the Ascendant, the Absolute, the Infinite. Many people find this the sweetest of the first three techniques.

Cognition

Cognition heals the fourth fundamental stress that keeps one from evolving to enlightenment. The Cognition technique deals with our relationship to all of humanity. It is used in conjunction with the other three techniques because our relationship to humanity is connected to our relationship to the subjective, the objective, and our relationship to the Source the Ascendant.