

# *Ascension Yoga*

Copyright © by Leslie Suttikus- Spirits Wind  
4/27/06, 1/26/08 all rights reserved

To the Unveiling of Knowledge  
To the Unveiling of Hidden Truths  
To the Unveiling of All that Is Love

We dedicate this Book  
To our Most Sacred Home,  
Our Family, Our Friends  
In Heaven and Earth

*The Four Mysteries of the Ascended Masters  
And  
The Ten Steps on The Path  
of the  
Karmic Healing Journey Home*

**Miriam and Yeshua**  
**The Four Truths of The Golden Rule**  
from Mark 12: 29-31

1. The Lord Our God is One Lord.
2. And you shall Love the Lord with all your Heart, and with all your soul, and with all your mind, and with all your Strength.
3. You shall Love the stranger
4. As you Love Yourself.

## **The Ten Step Ladder of Miriam and Yeshua**

The Beatitudes - Matthew 5:3-12

1. Blessed are the poor in Spirit for theirs is the Kingdom of Heaven.
2. Blessed are those who mourn for they shall be comforted (mourn, miss, long for our One Creator).
3. Blessed are the meek for they shall inherit the earth.
4. Blessed are those who hunger and thirst after Righteousness for they shall be filled.
5. Blessed are the merciful for they shall obtain mercy.
6. Blessed are the Pure in Heart for they shall see God (Elohim)
7. Blessed are the Peacemakers for they shall be called the children (Sons and Daughters) of God.
8. Blessed are those who are persecuted for righteousness' sake, for theirs is the Kingdom of Heaven. (Standing up for Truth and Right)
9. Blessed are you when they revile and persecute you, and say all kinds of evil against you falsely for My sake. Rejoice and be exceedingly glad, for great is your reward in heaven, for so they persecuted the prophets who were before you.
10. You are the salt of the earth: But if the salt loses its flavor, how shall it be seasoned? It is then food for nothing but to be thrown out and trampled underfoot by men. You are the light of the world. A city set on a hill cannot be hidden. Nor do they light a lamp and put it under a basket, but on a lamp stand, and it gives light to all who are in the house. Let your light shine before men, that they may see your good works and glorify your Father in Heaven.

## **Yasodhara and Buddha**

The Four Noble Truths of Our Heavenly Home

The Teachings of the Compassionate Buddha

1. Separation from God brings unhappiness	1. Those whose mind is well grounded in the seven elements of knowledge
2. Unhappiness is caused by selfish craving	2. Who without clinging to anything, rejoice in the freedom from attachment, whose appetites have been conquered
3. Selfish craving can be overcome	3. Who are full of Light
4. Selfish craving can be overcome by following the path whose steps are:	4. They win Nirvana, Even in this world.

## **The Ten Step Ladder of Yasodhara and Buddha**

1. Right View - Right Attention
2. Right Intent - Right Choice
3. Right Speech - Right Direction
4. Right Focus - Right Posture
5. Right Alertness - Right Awareness
6. Right Purpose - Right Reason
7. Right Effort - Right Communication
8. Right Motivation - Right Action
9. Right Understanding - Right Understanding
10. Right Relationship - Right Home

**Uma and Brahman**  
The Four Sounds of Om  
From Mandukya Upanishad

The Self, (Atman) beyond all worlds, is the syllable OM. This syllable, although indivisible, consists of three letters- A-U-M.

1. The Self as the universal person in his physical being, corresponds to the first letter- A (Acting Body- Gross Body)
2. The Self as the universal person in his mental being, corresponds to the second letter- U (Thinking Body- Subtle Body)
3. The Self as the universal person in dreamless sleep, corresponds to the third letter- M (Feeling Body- Causal Body)
4. The Self is OM, the indivisible syllable. This syllable is unutterable, and beyond mind. In it the manifold universe disappears. It is the Supreme good- One without a second. Whosoever knows OM, the Self, becomes the Self. (Karmic Body- Atmic Body)

**The Ten Step Ladder of Uma and Brahman**  
Mundaka Upanishad

1. Take the great bow of the Upanishads (The Breath of the Eternal - Prana) and place in it an arrow sharp with devotion.
2. Draw the bow with concentration on Him,
3. and hit the center of the mark, the same everlasting Spirit.
4. The bow is the sacred OM, and the arrow is our own soul. Brahman is the mark of the arrow, the aim of the soul. Even as an arrow becomes one with its mark, let the watchful soul be one in Him.
5. In Him are woven the sky and the earth and all the regions of the air, and in Him rest the mind and all powers of life. Know him as the ONE and leave aside all other words. He is the bridge of immortality
6. Where all the subtle channels of the body meet, like spokes in the center of a wheel, there he moves in the heart and transforms his one form unto many. Upon OM, Atman, your Self, place your meditation. Glory unto you in your far-away journey beyond darkness!
7. He who knows all and sees all, and whose glory the universe shows, dwells as the Spirit of the divine city of Brahman in the region of the human heart. He becomes mind and drives on the body and life, draws power from food and finds peace in the heart. There the wise find him as joy and light and life eternal.
8. And when he is seen in his immanence and transcendence, then the ties that have bound the heart are unloosened,

the doubts of the mind varnish, and the law of Karma works no more.

9. In the supreme golden chamber is Brahman indivisible and pure. He is the radiant light of all lights, and this knows he who knows Brahman. There the sun shines not, nor the moon, nor the stars; lightnings shine not there and much less earthly fire. From his light all these give light; and his radiance illumines all creation.
10. Far spreading before and behind and right and left, and above and below, is Brahman, the Spirit eternal. In truth Brahman is all.

**Radharani and Krishna**  
The Four Fields of Material Nature  
The Bhagavad Gita – Chapter 14

Material Nature (Prakriti-Illusion-Maya) consists of three modes (Gunas)- Goodness, Passion, Ignorance.

1. Ignorance- (inertia, darkness, Tamas)
2. Passion- (energy, attachment through the senses, Rajas)
3. Goodness- (light- works done to get gain, Sattva)
4. Illusion- (Maya, Karma)

**The Ten Step Ladder of Radharani and Krishna**  
The Bhagavad Gita 13:19 - 33

Know that Prakriti, Nature, and Purusha, Spirit, are both without beginning, and that temporal changes and Gunas, conditions, come all from nature.

1. Nature is the source of all material things: the maker, the means of making, and the thing made. Spirit is the source of all consciousness which feels pleasure and feels pain.
2. The spirit of man when in nature feels the ever-changing conditions of nature. When he binds himself to things ever-changing, a good or evil fate whirls him round through life-in-death.
3. But the Spirit Supreme in man is beyond fate. He watches, gives blessing, bears all, feels all. He is called the Lord Supreme and the Supreme Soul.
4. He who knows in truth this Spirit and knows nature with its changing conditions, wherever this man may be he is no more whirled round by fate.
5. Some by the Yoga of meditation, and by the grace of the Spirit, see the Spirit in themselves; some by the Yoga of the vision of Truth; and others by the Yoga of work.
6. And yet there are others who do not know, but they hear from others and adore. They also cross beyond death, because of their