

ASCENSIONPATH.COM

MASTERY EVALUATION

SOUL PROMPTS FOR CLARITY
BY SANDRA WALTER





INTRO

In our Mastery, we take inventory along our journey to resolve what was previously created, and consciously make higher choices.

Everything we do affects the whole, in stronger ways, as the frequency and light level rises in these realms. Unity Consciousness is a radically different system of creation: it unifies higher vibrational choices and amplifies them.

Meditate on these questions. *The mind may have memorized responses.* Let the truth of this Now moment arise from the Heart.

Journal your responses to light-ground them into these realities. Witnessing your written answers is a powerful practice.

Cosmic Perspective: Be honest with Source as your primary authority.

All responses, feelings, and insights are okay. The willingness to evaluate your journey is key. Detach from worthiness and perfectionism; don't reject what you have created. Mastery requires consistent refinement and practice until the Source flow is restored within.

NOTE: This is a simplified version of an exercise from the *Mastery Intensive* course. For Ascension studies, visit <https://www.ascensionpath.com>

PREPARE

Gather paper, pen, and a quiet moment..

Open the Crystalline Stargate of the Heart, open your Ascension Column, and expand your Infinite Kryst fields.

Decree:

Almighty I AM Presence, reveal my choices, intentions and trajectories in order to resolve any old, outdated, or uncomplementary creations, beliefs, thought forms, egoic constructs, fears, or emotions. Provide clarity as I evaluate my journey in this Now.

MASTERY EVALUATION

Proper Use of Life Force

Am I holding, or am I currently creating, any disharmony, conflict, judgment, or discord in these areas:

Physical Body:

Mind/Thought Forms:

Ego/Fear-based Survival:

Emotions and Feeling states:

Relationships: Past or present monads, family, friends, coworkers, Soul groups, community:

Service: Employment, Creations, Thoughts, Words, Actions, Feelings

Habits and Behaviors

Any unhealthy/uncomplementary habits or behaviors that need resolution?

How often do I pause to accurately feel my emotions and resolve any distortions, imbalance or conflict within?

How resilient is my nervous system? Do I freeze, disregulate, or recycle coping mechanisms that no longer serve? How quickly do I come back into balance when events or energies change?

How may I clear, release or upgrade my physical space, activities, and practices to support a new expression?

MASTERY EVALUATION

Temple of the Crystalline Heart

How does Source/God/Infinite Creator feel in the temple of my heart?

Am I willing to expand my heart to its full radiance? Any resistance?

Can I release the cause, core distortion, record, effect, and memory of outdated creations to open the Crystalline Stargate of the Heart for Source?

How easily do I qualify the Light, transform with the Light, open and feel my Heart center as a Divine flow?☐

Core Intention Check-in:

What is my core intention of my Ascension; why I AM pursuing Ascension and Mastery:

To Become:

To Experience:

To Assist:

To Create:

To Serve:

How does it feel in my heart, can I sense it there?

Sense short term outcome, long term outcome, collective outcome, Gaia outcome, cosmic outcome of my intention and pursuit of Ascension.

Is it based on a present experience or a future outcome? Both?

What experiences are between this Now moment and that outcome?

What actions will I take in this Now to heal, resolve, and embrace my organic Ascension, in order to support and assist the Global collective?

MASTERY EVALUATION

Qualities of Mastery

Qualify your emanations into the field by meditating on these qualities. Feel the richness and depth of these Sacred aspects of the Infinite Creator, and how they shift personal and collective consciousness. Allow them to reveal the truth of Divine Creation.

Faith

Patience

Grace

Forgiveness

Harmony

Gratitude

Unconditional Love

Generosity

Respect

Divine Neutrality

HUmility

Wisdom

Compassion

Self-Love

Creativity

Focus

Joy

Bliss

Freedom

Calm

Ease

Service

Perspective

Presence

Dedication to Source/God/Creator

GUIDANCE & SUPPORT

Walking through this process with grace requires intention, practice, and consistent doses of inspiration. My services are devoted to the organic Ascension, with support for every step of the journey.

LightLetter: Free weekly support & guidance direct to your inbox.

SUNday Unity Meditations: Global synchronized meditations at 5AM, 8AM and 11AM Pacific Time, every SUNDAY. Offline, for 30 minutes.

Online Courses: Deeply comprehensive courses for all levels of the journey. Available anytime.

PRESENCE 2024: New format including Live Master classes, deep conversation, and Advanced-level community.

Crystalline Convergence: Our annual in-person gathering in Sedona. Join us as we unify, level up, and amplify the organic Ascension.

Social Media: Follow me on Instagram, Facebook, and YouTube for inspiration, Decrees, practices and guidance.



VISIT [ASCENSIONPATH.COM](https://www.ascensionpath.com)