

Morning energize, further protection,  
and light quotient building

from *Beyond Ascension*, by Joshua David Stone, PhD

Every morning upon awaking:

- Call to your Soul and Monad to fully anchor and merge with you.
- Ask your Monad or I AM Presence (same thing) to remain merged with you from now on.
- Request the full anchoring of your Soul and Monadic light body.
- Call in your higher chakras, 8 through 15 (or higher), to descend and anchor and to remain with you from now on.
- Call in all 352 levels of the Mahatma to merge and blend with your 4-body system and to remain with you from now on
- Call forth your Mayavarupa body or your perfect Monadic blueprint to fully anchor and blend (this will allow your physical and etheric vehicles to work off a more perfect blueprint for your overall health)
- Call forth your Golden Solar Angelic body and your Solar Body of Light to fully anchor and blend
- Ask Metatron to anchor the Microtron (to help you to integrate all this light more effectively)
- Ask for a tube of light for protection
- Ask for a pillar of light
- Ask for an ascension column of light to surround and protect you all day long

The invocation of these energies to blend with your four body system each morning as you start your day will increase your Light quotient and accelerate your ascension process like none other. The invocation of these energies by just reading this section, for example, takes only a minute or so.

The results from a few moments of spiritual practice will bring you infinite results and acceleration spiritually. You may even want to write them down on a card and keep it in your wallet or purse and invoke them at lunch or in the evening until they become fully integrated in your consciousness.