



# ASCEND

Ascension Sacraments for the Cosmic and Earthly Nutrition Diet

By Tyla Gabriel, ND

# Octave 1.4

## Solar Plexus Chakra

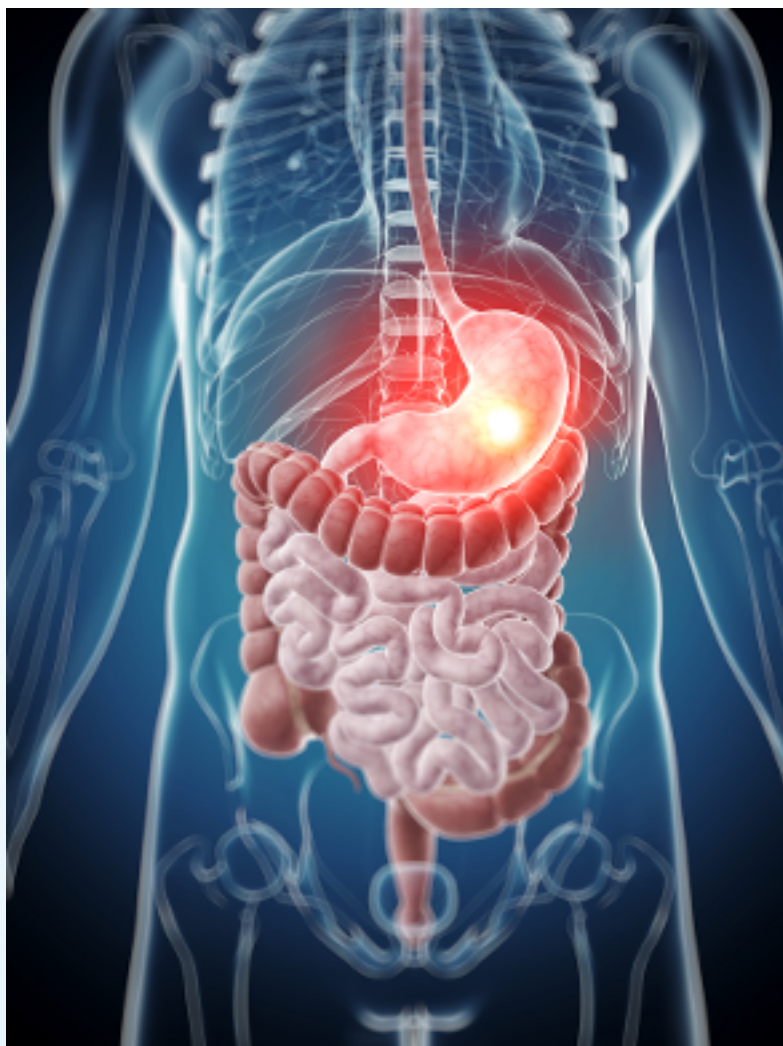
The Solar Plexus Chakra controls digestion which is the source of nutrition for the body. The liver, gallbladder, pancreas, and intestines work together to take the flames of the Solar Plexus Chakra and use them to burn and digest food as a source for human energy that can lead to consciousness. Good food provides the basic material that is broken down and turned into specifically human bio-energy.

In the ASCEND lessons you are learning that it is not just food that provides energy, it is the process of digestion and the total annihilation of the food that causes the human body to take the digested substance and turn it into a new substance that can be assimilated into the biological energy of the human body.

Enzymes produced in the pancreas need enzymes from the outside world to combine to create human proteins that nourish the body. Living amino acids and enzymes are the key to good digestion which provides the energy needed to spiritually develop or ascend.

The Solar Plexus Chakra is also related to your family, relatives, and

cultural habits. Most eating habits arise in the family and are often kept for life. Nutrition and healthy digestion usually come from our family's culture. Too often, nutrition is unconsciously absorbed through our environment and little is understood about what to eat and why. Enzymes are seldom thought about in the American diet and enzyme-depleted food causes poor digestion which in turn causes low energy and digestion problems.



These unconscious habits turn to illness, which then can distract and hinder the efforts of spiritual development.

The energy from the lower part of the body blocks the Heart Chakra from activating fully because the lack of proper ego development, indulgence in lower desires, poor exercise habits and bad food and water may deplete the flames of spiritual consciousness. The energy of the lower chakras often cannot make it to the beginning place of spiritual development, the Heart Chakra.

The Solar Plexus is like a second heart that is fed by habits of the lower body. Everything we take in from the outer world must be transformed by the

lower chakras and made as an offering to the heart. This is why it is so important that the spiritual aspirant work to cleanse and harmonize the lower chakras if he/she wants to see progress in spiritual development.



**Keep the Liver Filtration  
System Fully Optimized**

## **OBJECTIVE:**

**Cleanse the liver, which is the body's main filtration system, to eliminate chemicals, pesticides, heavy metals, toxins, and allopathic drugs to purify the body and increase the ascension frequency.**

This is one of the most important lessons in the ASCEND program. Many people have never thought about their liver, but its healthy function is critical to cleansing blood and tissue by removing toxins and supporting better digestion.

Your liver is the initial gateway in your body for processing whatever goes into your body through your nose and mouth. Even if you think you are intaking only beneficial water, food, and air, or if you think you live a chemical and toxic-free environment, your liver knows for sure. Its amazing wisdom knows what is harmful to your body and is working to filter these toxins. Whether you are conscious of this process or not, the liver still does its job.

Chemtrails poison the air we breathe

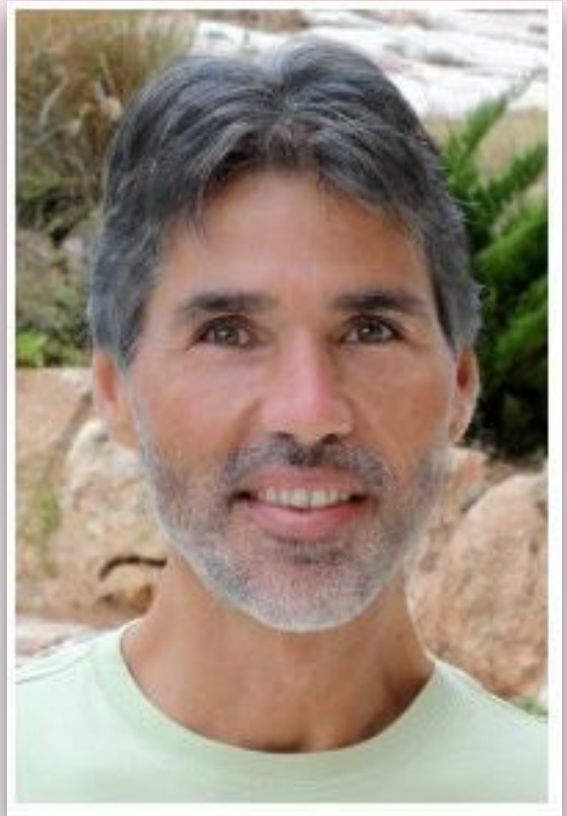
Are toxins accumulating in your liver?

Invisible microparticles in food now



# Who was Andreas Moritz?

No one brought "liver consciousness" into the mainstream as did Andreas Moritz. Some say that his untimely death may have been attributed to his pioneering effort in helping his fellow man heal, naturally and spiritually.



Every time we do a liver flush, we send our blessings to Andreas for his life's work in providing such important health information to humanity.

## Loving Tribute to Andreas

# **THE AMAZING LIVER CLEANSE**

**A Powerful Approach  
To Improve Your Health And Vitality**



Andreas says it all in this ground-breaking, life-changing, do-it-yourself health protocol. This is the only liver flush we have found that will rid your body of ahrimanic toxic stones. Once you try it, see how much lighter you feel--both spiritually and physically. We recommend that you buy a print copy to support his foundation. While you are waiting to get your up-to-date copy in the mail, start reviewing this PDF copy:

## **Amazing Liver Cleanse book**



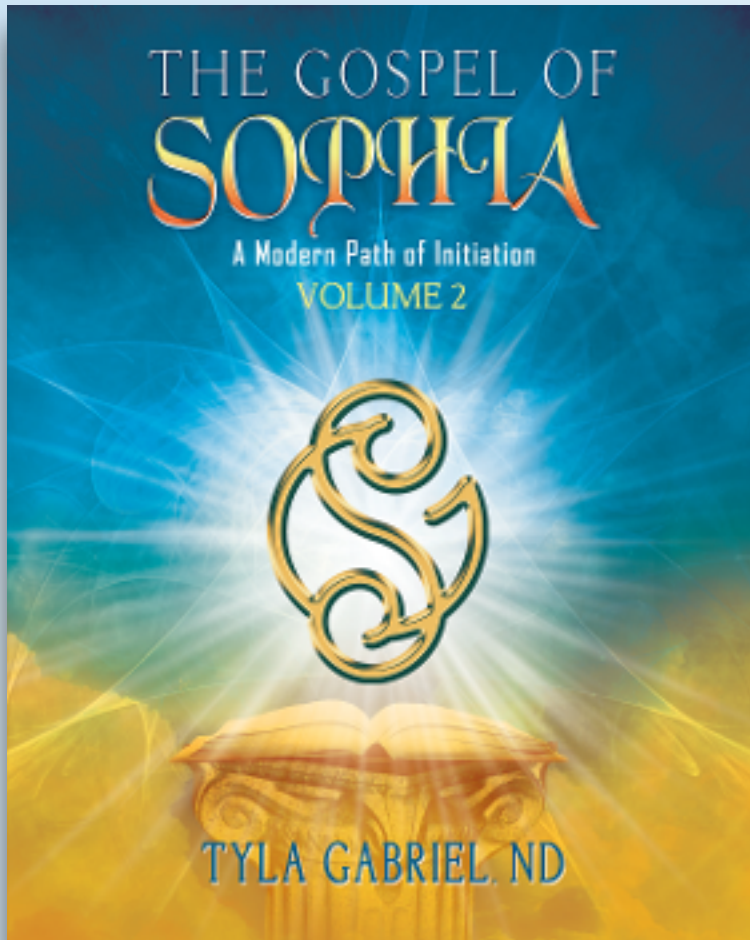
In this audio Andreas discusses the effects emotions have on the liver.

When you are ready to do the flush, print out this easy 1-2-3 guide to help you through the process.

**Guide sheet.**



# Spiritual Contemplation



Review pages 127-142 in *The Modern Path of Initiation*. This is the chapter on the etherization of the blood.

What is the process for the etherization of the blood? What is the liver's role in this process?

Are you able to control the lower chakra appetites of sex, food, comfort, revenge, hatred, anger, and other immoral qualities? If not, do you see how this may encumber your own spiritual development?

After reading Andreas Moritz's book and the chapter on the etherization of the blood, contemplate the reason why a liver and gallbladder (kidneys, too) filled with stones interferes with the process of calcium being spiritualized into calcium carbonate and deposited in the pineal gland.

Please note: Hyperlinked material may become stale or link broken. Research for yourself.

# Sonic Geometry: The Language of Frequency and Form

The ASCEND diet helps you increase your energy, frequency, and vibration of your physical life force. Sacred geometry, Biogeometry, and other energy practices can help you activate







# Becoming an Agent of Spirit

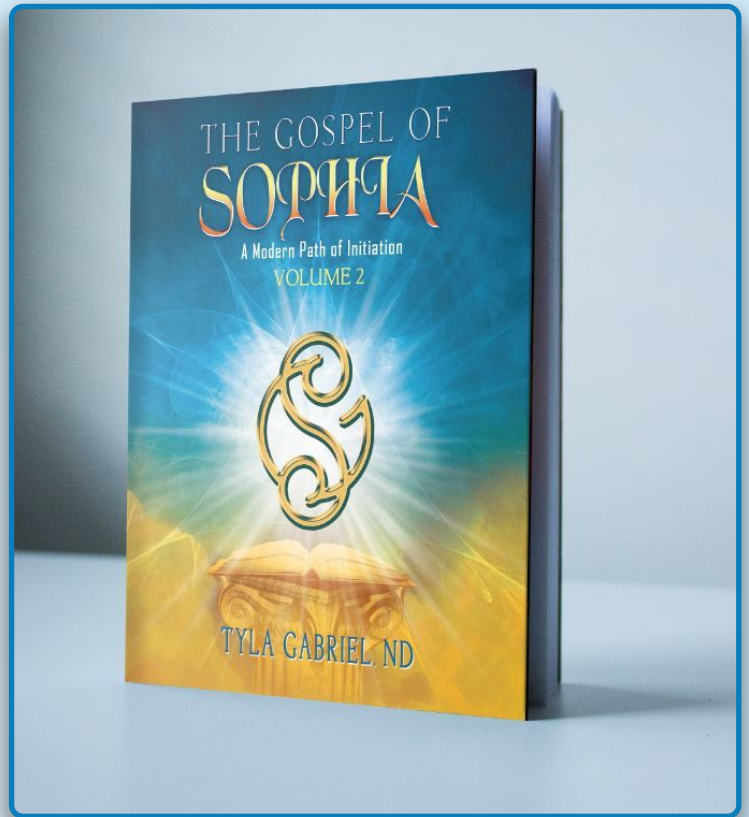
Douglas Gabriel explains the connection of the ASCEND diet with the path of Higher Knowledge. Wonder is the key to entering into the realm of Imagination. Learn about the path of the Bodhicitta and what happens on the path towards enlightenment. .

**A Path of Modern Initiation** is the second volume of the Gospel of Sophia series. In this volume you will learn the esoteric principles upon which the ASCEND diet is based.

What is ascension?

How can you access the higher worlds?

How can you open your chakra channels for communion with the divine?



Please download a free copy of this book and begin your journey back home to a place of divine wisdom and inspiration.

## **The Gospel of Sophia: A Modern Path of Initiation**

All of our books are available in print as well as free PDFs. Our bookshelf is yours - now and forever. Access all of the Gabriels' books and share with friends. OUR GIFT TO YOU. Together we can make a difference in the world.

**Our Medical Disclaimer**





Come play the Glass Bead Game with  
us. We are at

[www.ourspirit.com](http://www.ourspirit.com)

[www.neoanthroposophy.com](http://www.neoanthroposophy.com)

[www.gospelofsophia.com](http://www.gospelofsophia.com)

[www.eternalcurriculum.com](http://www.eternalcurriculum.com)

**The complete ASCEND  
program is located at  
OUR SPIRIT**

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may become stale or link broken.  
Research for yourself.