



## The Ammi Essence Ascension Process©

Welcome to the Ammi Essence Ascension Process - a journey in Self-Discovery, Self-Love, Self-Compassion, and Self-Awakening! **Ascension** is the state of being in alignment with your spirit. When you experience life while in alignment with your best self, you get to experience the life you most want to live. The Ammi Flower Essence is specifically designed to support the ascension process in all living things - plants, animals, humans, and more. In humans, Ammi also enables one to have more patience with the growth process and relinquishing barriers that prevent one from living into their best self.

You are about to commence a practice that will support your ability to better shed the layers of your Self that do not serve you and instead reinforce the parts of you that help you best flourish and flair. We chose “flourish and flair” as these two words exemplify what this process is about. To **Flourish** is to thrive and prosper. To have **Flair** is to show and celebrate your talents and capabilities. When you are thriving and sharing your inspired gifts with the world, you are living the life you most desire.

In order to use these essences, it is important that you allow yourself to be intentional with your thoughts and appreciative of what comes forth – as you will likely receive many insights about your Self as you use these essences.

### Ammi Essence Ascension Process Guidance

Today is the best day to begin, as is tomorrow or the next day. You get to choose. This is your life! However, we encourage you to begin this process when you are able to create space for thoughtful meditation. Meditation can be as easy as sitting with a cup of tea and allowing yourself to observe your thoughts. The trick is to continually let go of the thoughts so new thoughts can keep coming.

It is with the support of the Ammi Flower Essences that your thoughts will become more specific to your spiritual growth and awakening. The Ammi flower represents the union between the earth and astral energy, the physical manifestation of your body that indeed contains a spirit. Together, this union enables your physical manifestation to thrive. However, when we are here on Earth there are many things that can get in our way and keep us from discovering our True Path, our True Nature, our Sacred Contract and Purpose for being here. Each of us has an individual path and yet we all

share the same goal: **to thrive and to support others in their journey of thriving**. We get to celebrate one another as we celebrate ourselves. Each of us is on a magnificent journey that enables us to expand, create, and actualize our Purpose. So, when you utilize the Ammi flower essence, you tap your own True Nature, your Sacred Contract, and True Path. It blows the dust off of the calling within you and reminds you to address the karma and obstructions that keep you from actualizing your path.

Each Ammi essence has been embedded with a specific frequency (Hz) that relates to each of your 1st 12 chakras' highest vibrations. When we experience Joy, for example, the resonance of our Spirit vibrates at a frequency of 426.6 Hz. When we imbibe in this frequency, our bodies are reminded of the feeling and cannot help but raise their frequency to match that of the flower essence. However, we can quickly let go of the frequency with any negative thought or disbelief in our own ability to take care of our selves. It is an instantaneous and ongoing exercise to maintain one's frequency. So here we are today in an effort to support a daily practice that gently reminds our body how it feels to be unified with our Spirit, how it feels to resonate at higher frequencies, and how it feels to feel our best. To be clear about one's Purpose is perhaps the best feeling anyone can achieve. This clarity enables one to focus in on how best to share their gift with others. In sharing your gift that you alone are to share, the gratitude you experience by sharing and that experienced by those on the receiving end are wholly transformed. This gratitude comes from within and is a powerful agent of change. Gratitude enables us to feel into our true power as creators – as individuals that can achieve anything on which we focus our attention. It is true that change can happen in a heartbeat and we truly trust that we are here to create change. **For it is time to expand our hearts, not just our minds**. And much change to our systems is needed in order to remind ourselves of our True Natures – beings that thrive on Joy.

As you open your Self up for self-discovery, it can be challenging to see the things that you put on your own path and it can also be freeing to let go of the distractions and unnecessary obstructions to your flow. It is important to take this journey with a light heart, trusting your ability to come up for air whenever you need to re-ground and find your center. **This ultimately means: be kind to yourself**. Enjoy the unfolding and allow yourself to practice patience with it as transformation does not generally occur over night.

Return to this process only when you are inspired to do so, not because you feel like you should. If you encounter a question that brings up issues for you, it is important that you allow yourself to look at what the issue is, feel into the feelings, and release the feelings. **This could very likely require some time to process and release - it might not be instantaneous**. If helpful, connect with a loved one that knows you and can support you as you allow yourself to let go of the challenge that was brought up. When we allow ourselves to let go of the things that bother us, we find that these challenges are less likely to reappear in our life.

Begin with Suite #1 1-12 questions, working through each question in numerical order. Allow yourself to read each question and marinate in the thoughts that arise. We encourage you to write down anything that comes to you – it can help you reflect and come back to thoughts later. **Once you have experienced the intended feeling of a question and this feeling is positively felt, then take 1 drop of the associated chakra's Ammi essence directly on your tongue without touching the dropper to your mouth.** You can move on to the next question and continue this same process. Approach the next suite of 12 questions only after you feel like you have experienced a positive feeling while relating to each chakra's intention. Continue utilizing these questions and essences as long as you feel like it is serving you and helping you to clarify your own sense of Self.

As you unwrap your gifts, you will be more able to shine. It is that simple. We are all here to thrive. We are all here to support others in their thriving and can do so in as many ways as there are people. It is beautiful to witness the diversity that our creativity and love can take us in the wild expanding universe. We need our connection to this Earth to continue expanding, thus it is important to take care of our selves and in the doing of this, we are more able to care for the Earth. It is that simple. **We are not here to 'Save the World', we are here to save our selves from the wasted delusion that our lives are not purposeful.** Individuals are unstoppable when they have all of their tools in their belt. It is an exciting time to be alive. Take your time, take care, and enjoy the ride. That's what you're supposed to do. It is supposed to be fun, delicious, exciting, lovely... all of these things and more. It is your life, your canvas, your work of Art. And you are a phenomenal Artist.

Our love and blessings,  
Abraham and the team of guides that supports Megan Maureen Murphy (a mod-podge of pure, positive energy)

Chakra	Note	Frequency	Area of Focus
Chakra 1	C <sub>1</sub>	128 Hz	Actualization
Chakra 2	C <sup>1</sup>	256 Hz	Applause
Chakra 3	E <sup>1</sup>	320 Hz	Solitude
Chakra 4	G <sup>1</sup>	384 Hz	Selflessness
Chakra 5	C <sup>11</sup>	512 Hz	Integrity
Chakra 6	D <sup>1</sup>	288 Hz	Alignment
Chakra 7	F <sup>1</sup>	341.3 Hz	Serenity
Chakra 8	A <sup>1</sup>	426.6 Hz	Joy
Chakra 9	C <sup>1111</sup>	1024 Hz	Gratitude
Chakra 10	B <sup>1</sup>	480 Hz	Honesty
Chakra 11	C <sup>11111</sup>	2048 Hz	Sincerity
Chakra 12	C <sup>111111</sup>	4096 Hz	Peace

### Definitions for Areas of Focus

These provide a phenomenal bar for gauging our best-feeling self and provide a North Star for us to follow. When we genuinely experience these feelings, we know we are in alignment with our best feeling selves.

1. **Actualization** - the ability to manifest your visions
2. **Applause** - the ability to celebrate an individual's or another's accomplishments
3. **Solitude** - the ability to lean in to your own power to guide you
4. **Selflessness** - the ability to let go of any desire for acknowledgment and/or reciprocation
5. **Integrity** - the ability to acknowledge your own true nature, needs, and desires while also respecting the same needs of others
6. **Alignment** - the ability to connect with your highest self and follow your true path
7. **Serenity** - the ability to experience peace in all that surrounds us
8. **Joy** - the ability to experience pleasure from noticing the beauty that surrounds us
9. **Gratitude** - the ability to experience appreciation in and for all that sustains and supports us
10. **Honesty** - the ability to experience truthfulness with your own spirit and journey
11. **Sincerity** - the ability to communicate truthfulness with yourself and to others
12. **Peace** - the ability to experience complete satisfaction with all that is and will ever be

## Questions for Reflection: Suite 1

- 1. Actualization:** Remember a time that you had an idea that felt good, envisioned how to carry it out, and carried it out successfully.
- 2. Applause:** Recall a time that you completed a task or performance that took a great deal of your attention and focus and you received accolades and/or applause for your efforts.
- 3. Solitude:** Allow yourself to think about a time where you spent many hours by yourself and thoroughly enjoyed yourself. What were you doing? Were you aware of the time passing?
- 4. Selflessness:** Think about a time that you gave someone you love a present. Did you allow yourself to give it without needing anything in return? How does it feel to give your gift so selflessly to someone you adore?
- 5. Integrity:** Think about a time where you voiced your opinion about something that mattered deeply to you and you felt heard.
- 6. Alignment:** Reflect on a time where you felt like all was right in the world. That you were doing exactly what you needed to be doing and you knew it. This is what it feels to be in alignment with your True Nature.
- 7. Serenity:** Think about a time where you allowed yourself to be in Nature and allowed yourself to appreciate the perfection of your surroundings.
- 8. Joy:** Reflect on a time when you experienced so much Joy that you couldn't contain yourself. You had to dance, to laugh, to cry, to jump, to physically show your feelings in some way.
- 9. Gratitude:** Feel into the feeling of the gratitude you have for your Self. For your life, for your physical body and the support it provides you in experiencing life, for the people in your life that support you and enable you to experience so much love.
- 10. Honesty:** Remember a time when you were True to Your Self when others around you were asking you to do something else. How did it feel to prioritize your own wellness in that situation?
- 11. Sincerity:** Remember a time when you congratulated someone else on the job they performed because it felt so good for you to observe their delivery and you could not help but let them know how it felt to you to see it.
- 12. Peace:** Feel into a time when you felt like you had everything you needed – that you were void of wants or desires and were at peace with yourself.

## Questions for Reflection: Suite 2

- 1. Actualization:** Recall a time that you were so pleased with your ability to manifest a desire. Allow yourself the memory of re-envisioning it, fostering the thoughts about it, and seeing your vision unfurl before your eyes.
- 2. Applause:** Feel into a time when you were able to feel the encouragement from others. Allow yourself to soak up the good vibes, the cheer, the accolades for following your heart.
- 3. Solitude:** Envision a time when you had the entire day to yourself without any obligations or appointments with others. How did it feel to allow whatever you wanted to happen to happen in this time? Soak up the feeling of how this solitude served your mood and sense of well-being.
- 4. Selflessness:** Adoration for your self is usually the last thing we allow ourselves these days. It is time to reclaim the feeling that you are worthy, wise, and welcome in this body, in this life, in this world, and in this universe. It is time to reclaim your place in your own physical space that is You, You, You. You are awesome. And adorable. And amazing at being You. When you are absolutely You, you are no one else. This enables you to lose yourself in the beingness of You which in turn enables you to be the most selfless person in the room. Funny how this works, eh? Revel in the beingness of You and enjoy every single flaw that you've noticed before. Allow yourself to lighten up and enjoy your body, your mind, and your spirit. These are your most precious gifts for you and for others.
- 5. Integrity:** Allow yourself to recall a time when you were dishonest with a dear friend and how this felt. Allow yourself to recreate this moment and try again. What would you have rather said? How would you have shared your words in a way that better reflected your true feelings? You can use this process any time you are hard on yourself about yourself or about others. It enables you to recreate a pathway and facilitates choosing a better-feeling path the next time you're given a choice.
- 6. Alignment:** It is time to define Alignment. Ready?! Alignment is when you are in line with your Spirit. That is it. You know you are in Alignment when you are feeling your best, when you are at ease, when you are enjoying yourself and the environment in which you are. Alignment trumps everything. If you use your emotional guidance system to keep yourself in line with your Spirit, you will always stay in Alignment and will always choose a path that fosters Joy. It is that simple. Following the yellow brick road equates to, "Following your natural ease and choosing the things that bring you Joy".
- 7. Serenity:** Recall a time when you thought you would be able to take on your largest idea. Enable yourself to feel into the feelings of having this idea come to life. Did you allow yourself to enjoy it? Did you allow yourself to congratulate yourself for actualizing an idea? Allow yourself to enjoy this moment of validating your experience as a serene creator of your own reality. You form your thoughts, you decide which ones to give energy to, and then you see them unfurl before your eyes. In your essence of being Serene, you are the creator of your life. Allow yourself to marvel at the beautiful life that you have created for

yourself, the beauty in your Joy, the beauty in the material evidence that surrounds you of your well-being. This is one aspect of Serenity: To indulge in the enjoyment of your life.

- 8. Joy:** Allow yourself to enjoy the indulging you just allowed yourself to do in #7. This is Joy. To enjoy your life. To allow yourself to savor the flavor of the deliciousness that you create.
- 9. Gratitude:** Take your time to give thanks to all of the people who bring light and life to your life. Think about each person that comes to mind and allow yourself to tell them why you are thankful for their presence in your life. This practice builds gratitude for your life and enables you to feel gratitude for more things in your life. Gratitude feeds your creativity, your passions, & your zest for life. It fuels your ability to recognize obstructions on your path and it serves you in attracting more things for which to be grateful.
- 10. Honesty:** Recall a time when you were dishonest with yourself about your capabilities. Did you undersell yourself? Did you overestimate your capabilities? You likely labeled this experience with a lesson that you did not want to repeat and put it away on your self of do-not-repeat. What if the lesson you needed to learn was instead to 'Be True to Your Self'? In this alternate lesson, you might find that you learned exactly what you were supposed to learn from what you previously categorized as a mistake. Instead, you can look at your mishaps or less-than-ideal situations as opportunities to clarify how to better deliver your gifts with the world. All experiences provide clarity if you look for the bright light. In the light, you can better see your path and the best places to step.
- 11. Sincerity:** Allow yourself to recall a memory where you were filled with the utmost respect and appreciation for another's gifts. Were you able to share your admiration and sincerely express your gratitude for their gift and their sharing of it? This is sincerity at its best: to express gratitude for another's gift(s).
- 12. Peace:** When you are at rest and sleeping, your Body, Mind and Spirit are at peace. There are no actions, words, or demands on you and your body is empowered to focus on what it does best: monitor, maintain, and repair your body. When you allow your body to receive the rest that it needs, your body is in perfect condition. It is at peace with itself. You can apply this same process to your Mind and your Spirit. When you allow your Mind and Spirit to rest, they are both able to do what they best do. Your Mind takes a break from creating and enjoys the life that it has created. Your Spirit takes a break and is at peace with the life that it is supporting. You can promote your well-being by getting more sleep. Allow yourself at least 8-10 hours a day (ideally, at one time). You can maximize your rest by eating foods that do not require a great deal of digestion as most digestion truly occurs while you sleep. Eat foods that are fermented, highly alkaline, and that do not produce a great deal of acid. [Include chart from ACV book]. All things in moderation, even moderation

### Questions for Reflection: Suite 3

- 1. Actualization:** Feel into a time when you were aware of being capable at something, that you had a skill that not everyone else around you possessed. Allow yourself to visualize how this made you feel to be competent and confident.
- 2. Applause:** Allow yourself to envision a time when you received a standing ovation – either literally or figuratively – to a performance that you gave. Did you allow yourself to trust the congratulations?
- 3. Solitude:** Envision yourself by yourself in your most favorite room of your home. Is it a comfortable place to be? Do you enjoy spending time here? When you are alone, it is important to allow yourself the freedom to spend time in a place that fills your cup. Envision a space that does this and add as many details to the surroundings as possible. Can you create this space in your home?
- 4. Selflessness:** Allow yourself to feel into a time when you allowed yourself the time to be selfish. Did you enjoy this time or did you give yourself a hard time the entire time you were luxuriating in Self care? Self care is the most selfish act there is and it is important to allow and celebrate this act daily. Allow yourself 15 minutes a day to take care of your Self, even if it means putting other people 2<sup>nd</sup>. Other people also need to learn how to care for themselves. When someone is in your care for whom you are fully responsible, it takes a great deal more work in carving out your care plan. Creating a list of the things that bring you joy is the quickest way to remind yourself of what to do when you have a few minutes before your shower, things to think about while you are making a meal for someone else, etc. There are easy ways to find pockets of time when you prioritize these pockets for Self care and fill even the smallest grouping of minutes with something that feels good and gives you Joy. When you allow yourself the time to take care of your Self, you are more able to take care of others. Enjoy the unfolding of who you are when you allow yourself to indulge in your own care-giving. You are a phenomenal person with many gifts to share with others. These gifts do not need to pour out of your soul every single day. Much less time is needed for sharing with others and much more time is needed to care for our selves. It is natural to want to help others and when we help ourselves in a way that serves our true purpose, we allow ourselves the opportunity to truly serve the purpose of others: to thrive.
- 5. Integrity:** Touch your heart and tell your heart that it is the best place to hold your emotions. Thank your heart for giving you a chance to feel, to know yourself, to gauge how to navigate each and every day.
- 6. Alignment:** Allow yourself to reflect on a time when you were not able to receive insights from your True Nature. What were you doing that blocked access to your intuition? How were you able to navigate through these circumstances to reclaim your Alignment with your True Self?
- 7. Serenity:** Envision a time when you were alone and in need of some perspective. Did it come to you? In what form? Does it always come in the same form? When we open ourselves up

for surprises to come out of the woodwork and support us, we find that we are more supported by magical & serendipitous events. Ask and you shall receive.

- 8. Joy:** Focus on a time when you felt so much gratitude that you could not contain yourself. Did you allow yourself to express your gratitude to anyone else? Or did you hide away your feelings and bury them so to mask your enthusiasm?
- 9. Gratitude:** How do you feel when you receive a letter in the mail? Is it not the best gift? A surprise from a friend that is so happy to know you. It doesn't get better than that, no?
- 10. Honesty:** Tell us about a time that you were dishonest – either with yourself or another person. Did you allow yourself to carry on the untruth for some time or did you remedy the situation as soon as you could?
- 11. Sincerity:** Allow yourself to sit with the awareness that you are the most perfect representation of your Best Self. Soak up your perfection, your most pristine reflection in the mirror. You are awesome. You create your world and all of the beauty in it with the attention you give to it. Bless this beauty and your beauty in acknowledging it.
- 12. Peace:** Allow yourself the freedom to feel anger, sadness, grief, enthusiasm, hysteria, anxiety, stress, joy, frustration, curiosity, selfishness, and more. Allow yourself to feel into however you're feeling and ask yourself if you enjoy feeling this way. When you don't, change the topic. When you do, give more and more energy to whatever it is you are doing. It is that simple.

## Questions for Reflection: Suite 4

- 1. Actualization:** Do yourself a favor and congratulate yourself for making it this far into the questions for reflection. You are actualizing a goal.
- 2. Applause:** Allow yourself to simply say, “Thank you so much!” the next time that someone congratulates you on a job well done. Soak it up and enjoy your own ability to receive applause. It feels good to be acknowledged and the more you can receive acknowledgement in a way that feels good, the more acknowledgement you will receive.
- 3. Solitude:** Enjoy yourself the next time you get to spend time with yourself. Treat yourself to a book, a tv show, and/or a tiny slice of proverbial cake. Indulge in your time to enjoy yourself doing something that brings you great Joy.
- 4. Selflessness:** Ask yourself if you enjoy giving gifts to others. If so, what is it that feels so good? Is it the actual giving? Is it the pleasure that they are receiving? Is it the acknowledgment of your kindness? Is it your ability to witness your own givingness? Is it a desire to please someone else? Allow yourself to gift yourself the same gift that you are willing to give others and see if you can more enthusiastically give the same gift to a friend. When you allow yourself to enjoy the same gifts you give to others, it enables you to more enthusiastically celebrate your act of giving. Gift-giving is the most selfless act as it reinforces our desire to see our own givingness / kindness.
- 5. Integrity:** Feel into a time when you afforded yourself the opportunity to travel and dine out. Were you grateful for the food that was on your plate? Did you complain about the service? Did you cherish the way in which someone else prepared your food for you to enjoy? Ask yourself if you are game to try eating out more and pay attention to the way in which you receive attention.
- 6. Alignment:** Pretend you are on a trip to see a friend from years past. They haven’t been in touch with you over the years but this opportunity came up serendipitously. Are you beyond excited or do you wish you could find an excuse to cancel? When you determine your answer, allow yourself to go through the motions of what feels best. Now, how do you feel?
- 7. Serenity:** Pretend you are on a boat that is stranded out to sea with no water or food for miles. You have the choice to wait for help or to start swimming. You know it is safe to swim but do not have a sense of direction. How do you decide which decision is best for you? What process do you use to eliminate choices or evaluate what makes best sense for your survival? It is not much different on a daily basis in our ‘real’ lives although we don’t typically feel the immediacy for our survival. When we are serene, we are one with our True Nature and our decisions come to us easily, without thought. When we feel frantic, decisions are miles away.
- 8. Joy:** When you were a kid, did you allow yourself to relish in the joy of eating? Playing? Climbing trees? Jumping on trampolines? Tying knots? Playing legos? Peeling an orange? Juicing a

carrot? Tying your shoes? Calling a friend? Or did you painstakingly follow through on whatever it was you had to do?

- 9. Gratitude:** When you are feeling your best, you are resonating at your highest frequency. Did you know that feelings of gratitude resonate at one of the highest frequencies of all the feelings? So much outward energy takes more energy and more frequency is required to penetrate your own sphere of energy (which resonates ~ 900 Hz on a typical day without too much trauma /stress). Gratitude is an important feeling to practice as it reinforces to your own energy field that there are other energies beyond yours and keeps you flexible. This flexibility in turn enables you to transform in ways that might surprise you.
- 10. Honesty:** Recall a time when you were completely honest with a friend about the way they looked. Allow yourself to remember how it felt to say something complimentary versus a time that your feedback wasn't. Which felt better to share? When you focus on the parts of other people that are worth celebrating, there will be more things to celebrate.
- 11. Sincerity:** Allow yourself to feel into a time when you were so energized by observing another person's sharing of their gifts. Were you able to express gratitude for this sharing directly to them? Were you able to share your gratitude to others? Either way, when we sincerely express our appreciation for seeing another's gifts shine through, it brightens the light of our own gifts and reinforces the light of another's. When we express gratitude we are heightening our own resonance with our True Nature.
- 12. Peace:** When you are at peace, you are standing on the top of a mountain that you have just ascended and appreciating the view of your climb. You are gracious for the ability to have made the ascent, you are present in your moment of reaching the top, you are pleased with your ability to see this view due to your own hard work. This is not unlike the feeling of peace when you have sought out the perspective of Alignment with your True Self, your True Nature. It takes a bit of work and dedication to a goal and once you have reached the top you see that there are so many other mountains to climb, that the journey is not over but can begin again and again. You get to choose which mountain you want to climb as there is only so much time in one day and one physical life. Allow yourself to revisit the mountain you are climbing and ask yourself if this is the mountain of which you most want to reach the top. We live in a deeply trying time and it is hard to know which mountain to climb. With dedication to your True Self and an appetite for Joy, it is much easier to navigate the map and select the best mountain for You. The views are most spectacular from the mountain for You.