

Ascension Program and Training



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The Atlantis-Rising Mystery School Ascension program offers a blue print for your spiritual growth. The Atlantis-Rising Mystery School was first founded in 2006 by Carmel Glenane who was guided to create an ascension program for assist people on their journey to spiritual enlightenment.

What is an Ascension program?

The Atlantis-Rising Mystery School program is a philosophical system. Carmel teaches through the Mysteries of The Divine Feminine which is a self-nurturing philosophy based on the principal of truth through the “Mother’s” wisdom.

An ascension program allows a student to explore their multi-dimensionality. Multi-dimensionality is a belief in all of life creating through a humans level of consciousness, within the frame work and structure of a teaching program. Our ascension program teaches through the sacred mysteries of the Divine Feminine where the sacred mysteries of the feminine are revealed to the student.

About Carmel

Carmel Glenane, B.A., Dip. Ed., an internationally published author of “The Immortal Woman” and founder of the Atlantis-Rising Mystery School and Healing Center, has studied esoteric and psychological disciplines since 1975. A channeled writer, spiritual teacher and sought after healer, Carmel helps people reconnect to their spiritual path and life purpose by attuning them to their higher-self, as known as The Soul or The Unconscious. Through her approach she brings guidance and direction for your life purpose by facilitating the healing of relationships, emotions, the mind, the body, family, career, finances – all aspects of lives challenges.

Carmel has dedicated her life to discovering the ancient teachings of Atlantis through the Philosophy of the Divine Feminine, a self-nurturing philosophy based on the principal of truth through the “Mother’s” wisdom.

Carmel is also a teacher of her other channeled books called *The High Priestess Transmissions*, *The High Priest Transmission*, *The Goddess of All Light Transmissions*, and *The Keepers of the Mysteries of the Divine Feminine Transmissions*. Her life’s mission is to continue to forward the teachings of The Philosophy of the Divine Feminine and to continue to apply them to a Western society, both here in Australia and overseas.

A Brief Overview to the 5 Energy Belts and Corresponding Elements in our Ascension Program.

Level 1 Self Nurturing

Level 2 Self Respect

Level 3 The Self

Level 4 Self Realization

Level 5 Bliss

Each level corresponds to the 5 main energy centers in the body. Within each energy center there are a group of light beings which help us through the different energy belts as we ascend, here they are:

Level 1 Self Nurturing - The High Priestess and High Priest

Level 2 Self Respect - The Goddess of All Light

Level 3 The Self - The Immortals

Level 4 Self Realization - The Keepers of The Mysteries of the Divine Feminine

Level 5 Bliss - Satet - Egyptian Stellar Goddess

Now that you have begun to see how the Mystery School is structured take a deeper look at the elements and how each energy belt corresponds with the body.

Level 1 Self Nurturing - Earth Element, Hips and Legs, Colours Red, known as Base Chakra

Level 2 Self Respect - Fire Element, Stomach, Oranges and Yellow, Also known as Sacral and Solar plexus Chakras

Level 3 The Self - Water Element, Chest and Arms, Colours Greens and Pinks, Also known as the Heart Chakra,

Level 4 Self Realization - Air Element, Head, Colours, Blues, Turquoise and Violets, Also known as the Throat and Third Eye Chakras

Level 5 Bliss - Represents the soul, Colours Gold and White light, Also known as the Crown energy center,

Level 1

Self Nurturing

Now Lets have a look at where to begin,

Level 1- Self Nurturing has multiple levels within its structure, as your Training begins with Reiki through the USUI System, levels I, II & III Master Teacher. Once your Reiki Training has been completed you may like to branch into other aspects of Reiki Healing such as Seichim-Sekhem Reiki, (Egyptian Feminine Lineage) or Karuna Reiki (Indian Sanskrit Lineage). It is essential That Reiki Master Teacher in the USUI lineage has been completed before advancing to other levels of Reiki.

Reiki Training is fundamental to our ascension program as it opens up the base chakra clears out past patterns of belief and stored Karmas. USUI (Japanese) Reiki is a powerful masculine frequency and begins the necessary training for ascension.

Seichim-Sekhem Reiki (Egyptian Feminine Lineage, Sekhmet & Isis) These intense symbols allow for the opening of the Feminine Mysteries, through the fire of Sekhmet and the waters of Isis. The fire of Sekhmet Symbols are powerful and releasing, purifying at a deep core soul level whilst the waters of Isis symbols heal and renew.

Karuna Reiki - (Indian, Sanskrit Lineage) Holds the link with the Stellar realms. There are 12 ancient symbols with a direct lineage to the twelve constellations energy frequencies. Karuna Reiki goes to the soul part which needs cleansing and earthing.

Seichim-Sekhem Reiki and Karuna are recommended to support USUI Reiki to hold the student to the earth, and stabilize the base chakra - The Self Nurturing Belt.

Reiki Levels

Reiki Level 1 - *Hands on Healing, Clearing Physical Problems* - A two-hour teaching intensive where you will be attuned to self-treat and be able to give healings to others. Reiki I, opens up the energy channels in your body so the universal life force can enter your energy field and help heal all physical pain. Reiki I allows you to earth yourself and self-nurture. *Level I Also available Seichim-Sekhem & Karuna Reiki*

Investment:

Reiki Level II Emotional / Mental Clearing - Distance Healing In this two-hour intensive, you will be given the sacred Reiki symbols to release mental and emotional patterns which prevent you from living in the now. You will be shown how to send distance healings to loved ones, events, concepts, past and future experiences. Your attunement deepens and awakens you to your true healing power. Reiki II allows you to respect and love the self. *Level II Also available Seichim-Sekhem & Karuna Reiki Level I.*

Investment:

Reiki Level III Master-Teacher Activates The Crown Chakra - Connects to source energy directly opens & activates This is a profound experience. By creating with the symbols, it is guaranteed to change your life forever. As a Reiki / Master Teacher you will heal at soul level, and be able to attune others to the sacred symbols. Your 4 hour attunement will bring you totally into alignment with your soul's purpose. A certificate of completion and a Reiki teachers manual is also included. *Level III Master/Teacher. Also available Seichim-Sekhem & Karuna Reiki*

After you have completed your Reiki USUI training has been completed as pre-requisite you are then able to further your training Seichim-Sekhem Reiki or Karuna to further stabilize and integrate your base chakra for The High Priestess and Priest Initiations.

The High Priestess / High Priest Initiation

The High Priestess / High Priest training is through an initiation and training with follow up lessons to reinforce the principals of self nurturing the High Priestess brings. Women take the High Priestess training to open up the energy and provide guidance for ascension. Men begin the training for The High Priest which reinforces the masculine principal of order power and detachment.

Women then are invited to balance the incoming energies within the feminine by taking The High Priest Training to reinforce and open up the pathway for the balanced masculine energies. Men are also advised to balance their incoming energies by taking the High Priestess initiation and training.

These beings are anchoring and stabilizing the balanced masculine and feminine for core ascension training.

There must be a feeling of great reverence for what you are about to experience because you will be making the consciousness of 'The High Priestess/Priest an integral part of your totality. The High Priestess/Priest is an light being that can be drawn to your aura to help protect you and guide your journey to a higher vibration of light. The High Priestess/Priest/ helps to bring emotional detachment to your life and serves as a personal 'Guide' whom you can work with consciously on daily basis.

This initiation, (as opposed to an attunement such as 'The Goddess of All Light' or Reiki) is a sacred ceremony embracing the totality of The High Priestess/Priest. It is a ceremony to create a change in consciousness in your identity to bring power, love, discipline and creative qualities to all relationships. This beautiful 2 hour initiation contains all the elements of a sacred ceremony i.e. colour, sound, symbolic action, invocation and rituals of initiation and sacred drama where an experience of the High Priestess/Priest is sought. The frequency of The High Priestess/Priest brings to your totality 'self'-nurturing.

You will be able to work with The channelled transmissions of The High Priestess & The High Priest. It is suggested to work with a vibrational elixir to keep you connected with your 'Priestess & Priest Guides'.

Further Training for The High Priestess & Priest:

We will focus on your High Priestess/Priest and have you reconnect to her/him again in a new way. You will be given lessons to complete and we will develop-discuss format for your teaching of The High Priestess/Priest when you are ready to teach. The frequency of the High Priest will be discussed and outlined in combination with selected visualizations, exercises given and reinforced in teaching program for the High Priest.

Level 2

Self Respect

Level 2 Self Respect - The Goddess of All Light (G.O.A.L) Attunement

There are multiple levels of training within The Self Respect center through The Goddess of All Light (G.O.A.L) attunement and healing training which represent the principle of the divine feminine. The divine feminine is the principle behind all that is life affirming and good in the universe. This attunement helps to code your DNA to the frequency of the divine feminine. The G.O.A.L philosophy is a belief in self nourishment. Self nourishment brings inner beauty, truth, strength and power to humans. It is the spark of truth that will never be extinguished once ignited. After an attunement the radiance of a person becomes evident and there is an inner glow, this divine presence of the G.O.A.L in you can be used to transmit energy to others through healing work. Once trained you will be able to use the symbols to encourage the self-healing process, send distance healings and heal pain, either physical or emotional to its source in this lifetime or other incarnations. It is a healing technique compatible to use with other modalities.

Further Training for The Goddess of All Light:

I will be giving advanced energy teachings with the Goddess of All light and giving you exercises for The corresponding element with in the body, teaching you how to balance and re-harmonize your body and attune to nature.

This attunement brings you into a direct and intimate relationship with The Goddess of All Light, also known as the Mother of Light.

Through the 5 sacred symbols you begin to go into the heart of the mysteries and allow purification to take place in the belly center. This centre stores much suppressed emotion, and powerful release work begins here. This being The Goddess of All Light is as ancient as time herself, coming from the Goddess void, she begins to unlock the secrets to the universe. You will be given transmissions (in booklet form) from The Goddess of All Light for you to heal and teach with.

G.O.A.L. Level 1 - Unique Karmic Clearing (Earth) - Sourcing and Clearing Techniques

G.O.A.L. Level 2 - Psychic Surgery (Fire) - Works at energetically at the emotional source of the physical problem.

G.O.A.L. Level 3 - Endocrine Healing (Water)- For Hormonal Balancing

G.O.A.L. Master/Teacher The Goddess of All Light Attunement (Air)

G.O.A.L. Level 1 - Unique Karmic Clearing / Healing

This self-nurturing healing gets to the source of ALL KARMA in Relationships, Health, Abundance issues or any Emotional Deep seated pain. Through sourcing, re-coding and clearing the mind screen (the source of all Karma) located in the brain, the subconscious mind then has no way of re-connecting to past pain. Healing consists of treatments on the head, frontal lobes and brain stem. As the karmic mind screen is cleared, a new outcome can be achieved and clairvoyantly seen by the healer (this information will be given to you). You can (and will) recreate your new future, since the source of ALL OLD KARMA and any issues your subconscious has been 'playing' is now TOTALLY cleared.

G.O.A.L. Level 2 - Rejuvenation / Endocrine Healing

This healing method will balance and restore endocrine function, where our hormones are produced. Major glands such as ovaries, adrenals, thymus, thyroid, pineal and pituitary glands will be cleared and re-coded with new frequencies for balanced hormonal production. Environmental chemicals and emotional stress are contributing factors in hormonal disfunction. With this Rejuvenation Healing, cellular memory in your endocrine system will be completely re-balanced so hormones can be released in their correct amounts.

G.O.A.L. Level 3 - Psychic Surgery

This healing will go to the core of pain and address the physical aspect of it. If the pain is located in the chest, the Psychic surgeons will go directly to the site of pain. Their role is to address all physical aspects of pain and release it. You will find this method very cathartic, purging and can create extraordinary effects. Firstly you will feel the Healer very powerfully place their hands on the source of pain in the body. There may be heat, throbbing and a direct sensation of something happening. This will bring Light and balance to the diseased part of the body.

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Level 3

The Self

Level 3 - The Self Attunement to The Immortals,

There are 5 separate aspects of the Immortals training programme which will be outlined and discussed and put into context with the ascension programme.

The Immortals create with you now as you begin the ascension process. The Immortals bring to you now hope that you and your civilization can heal the vibration of fear your world is exposed to. The Immortals are the beings who now create in truth for your humanness and your world. The Immortals are here to show you that you are allowed to love, to truly love the self, creates the framework for ascension. The ascension process brings together now the belief that humanness is a sacred gift, not a chore, that being human offers the key to the totality of universal experience:

To enjoy and like being human is the most painful experience for a soul to endure, for it is mostly self created. This hatred of being human this vibration creates a merging with the total self and a merging in oneness with all of life. You are able to participate in all of life with the vibration of the Immortals is utilized.

Your view of the world becomes complete, and you will develop a symphony and resonance with the earth you live on and its people. These conditions must be created for development of your full potential as a human. As apart of he GOAL training program Carmel has a 35,000 word, book of The Goddess of all Light channelled transmissions.

Carmel has been working with the Goddess of All Light since 2001 and today The Goddess of All Light is still being channelled by Carmel on a daily basis.

Further Training with The Immortals:

- Learn and apply practical skills to your daily life to help you 'live in the now'
- Develop your *self awareness* to experience a sense of 'aliveness'
- Create your own manifestation grids
- Learn how to take control and become a magician in your own life
- Be introduced to the 5 Spiritual Laws to Loving the Self
- Specific techniques to connect you to The Immortals on a daily basis
- Recode your cellular memory to *take control of your life*
- Participate in *Group healings* for yourself, loved ones and our earth through The Immortals
- Refine your ability to *reconnect with your soul self*

Drawing upon Carmel's highly acclaimed book '*The Immortal Woman - A blueprint for Living in the Now*' explore the subtle yet powerful ancient secrets that guide us on ways to living in the now and show us that we have the ability to heal ourselves and make the change now.

Learn *powerful framework* and revolutionary philosophies to release the mind and to explore the self to find balance in life, love, work, stress and family. In our fast paced world it is easy to lose yourself and others around us, learn *practical tools and techniques*; to bring balance in your life, managing stress and anxiety, open your heart to help you *achieve your goals*.

Level 4

Self Realization

Level 4 - Self Realization - The Keepers

There are 3 separate sections/levels here,

Introduction, Initiation and Attunement

The Keepers of the Mysteries of the Divine Feminine consciousness create a sense of oneness with all of creation. The Keepers Transmissions anchor the consciousness of the divine feminine mysteries to earth at this time for restoration and hope for your world. The time now for human consciousness to embrace the ancient mysteries of the Divine Feminine cannot be over emphasized as they represent the forces needed for your planets survival.

You experience with their vibration a true sense of oneness not in an abstract sense but a true oneness with all of creation. With the Keepers there comes a new found respect for yourself, because respect for the self is the truth behind your existence on earth. When there is a respect for self, there is a love and respect for all. This is a time now for merging with the ancient feminine mysteries which are the alchemy to forward truth for yourself and others. Where there is no respect for the self there can be no love for self or others respect for self must come before anything else and overrides all other considerations.

Level 5

Bliss

Level 5 - Bliss - Satet

To open up to this frequency implies that you have had the necessary level of inner truth to hold this new stellar energy which is totally multi-dimensional.

The Goddess SATET whose home is in Elephantine Island in Egypt, was introduced to me to guide this level of ascension in 2005.

Reiki Karuna Master / Teacher is a pre-requisite for entry to this training program, as it prepares you energetically to hold the frequency of the stellar constellations civilizations and intelligences. I have been attuning to the stellar energies civilizations intelligences since 1995 and have a full range of elixirs to help you develop your relationship with the stellar realms and civilizations.

There are 13 vibrational energy elixirs (at the time of printing) you will utilize which will allow you to access the frequency of Bliss.

The frequency of Bliss allows you to really be that 'Star' you have incarnated to become. This concept is being currently developed by Carmel and refined for training programs (March 2009)

Other Courses available to enhance your Ascension Program

Tarot Courses

Crystal Healing Courses

Channeling Courses

Colour and Sound Therapy Courses



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She is the founder and facilitator of The Atlantis Rising Mystery School and healing Centre in Coolangatta. Queensland. Australia.

She teaches through The Philosophy of the Divine Feminine both here in Australia and overseas.

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