

## Descent of Ananda

Solstice Message by Ashok Kumara, Dec 16, 2010

*Ananda* is a Sanskrit word that is best translated with a combination of the following words - joy, love, bliss and enchantment. *Ananda* is the nature of Cosmic Self / Soul / Creator. Human experience and evolution can be explained using a FIVE-ROOM model, where the human-body-house is divided into five rooms, each room representing a frequency band. The location of the awareness determines the experience and the associated power of creation.

**5. The Room of Enchantment** represents the Cosmic Self. When your awareness is in this room, you are “blissed out” in a trance state, and completely unaware of your separate identity; You cannot engage in the 3D reality.

**4. The Room of Wisdom** represents the cosmic intelligence. When your awareness is in this room,

- You are in tune with your Cosmic Self, and at the same moment you are aware of your separate identity and the cosmic play associated with your individual embodiment.
- You know that you are the master of your reality and you have the intelligence to update your reality using the power of thought.
- You know how to operate with non-linear logic (i.e. opposites are true and in harmony at the same moment) and non-linear time (i.e. pasts and futures exist in this moment), and harness the Power of Now.
- You have the clear vision of your entire ancestral baggage - mental patterns in the Room of Mind and emotional patterns in the Room of Emotions.
- You have the intelligence to clean up second and third rooms and become free of mental/emotional manipulations.
- You have the intelligence to create an immortal body which can vibrate at the frequency of *Ananda*.

**3. The Room of Mind** represents the mind. When your awareness is in this room, you are caught up in the play of programmed ideas based on duality, limitedness, disease, death, linear logic and linear time.

**2. The Room of Emotions** represents the emotional body. When your awareness is in this room, you are caught up in the play of emotions - the constricting feelings of fear, greed, frustration, sadness, etc.

**1. The Room of Matter** represents the physical body. When your awareness is in this room, you are either “checked out” or focused only on survival, just like an animal.

Ascension process (i.e. transmuting the physical body into an immortal body of light) requires the completion of descension process - bringing the frequency of *Ananda* into the Room of Matter. This requires cleaning up the Room of Mind and the Room of Emotions, which can be done only while holding awareness in the Room of Wisdom. When the descension process is complete, the physical body starts to increase its frequency, first merging with the Room of Emotions, then merging with the Room of Mind and finally merging with the Room of Wisdom. At this stage the physical body becomes immutable and immortal.

It is very important to note that spending lot of time in the Room of Enchantment doesn't clear the mental and emotional patterns, as you do not have access to those rooms. You can clean up only from the Room of Wisdom. Ask yourself - what is my cosmic purpose of condensing into a human embodiment on this planet? Did I come here to experience fear, disease and death? Did I come here to bliss out and escape from the reality of human body? Did I come here to radiate *Ananda* by embodying these frequencies in my human body?

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Dear Cosmic Friends, here is my Solstice Message:

IF ASCENSION IS YOUR COSMIC PURPOSE, **CHOOSE TO ...**

- Treat your human body just like how you treat your Baby - with feelings of tenderness & acceptance.
  - Treat your human body just like how you treat your Lover - with feelings of romance, beauty & joy.
  - Treat your human body just like how you treat your Guru - with feelings of gratitude, inspiration & surrender.
  - Treat your human body just like how you treat your Cosmic Self - with feelings of *Ananda*.
  - Hold your awareness in the Room of Wisdom throughout your waking hours, observe your mental/emotional patterns, allow the patterns to express and dissolve in the flood of *Ananda*.
  - Complete your descension process by Spring Equinox and experience the joy of creating your golden reality!
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