

Ascension In The New Age Course

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Introduction

The primary purpose of this course is one of self-discovery in order to find inner peace. It is unlikely, one will burst into a ball of light and ascend at the end of this course.

What is ascension? Who are we? Where do we come from? What is our purpose? These are the primary questions the human race asks. The Ancients believed the universe consists of multi-dimensions. Quantum physics today is showing serious consideration of this theory. It is believed that there are ascending levels of consciousness associated with multi-dimensionality. Advancing to a higher level of consciousness / higher dimension may be considered ascending. Understanding the world around us through knowledge, meditation and/or brain biofield therapy, is the beginning of the ascension process. Photography is used as a tool for self-discovery.

This course can be taken at the student's own pace.

Dr. Allocca is a medical research scientist and biophysicist with many years of personal experience in photography and with some knowledge of Buddhism and Yoga.

Step 1 - Textbook and Journal

A. Purchase the book "Ascension In The New Age" by Dr. John A. Allocca from Amazon.com

<https://www.amazon.com/dp/B09468DGTV>

"Ascension In The New Age"
Dr. John A. Allocca, Copyright 2021
ISBN 9798748615884
332 - 6" x 9" pages

Table of Contents:

- Introduction
- Awakening
- Consciousness
- What is Consciousness?
- Mindfulness and Ego Control Battles
- Basic Buddhism
- Brain Biofield Technology

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Desktop Yoga
Perspective of the Earth and the Universe
The Electromagnetic Spectrum
Music and Nature
Sacred Geometry
Nutritional Guidelines
The Journey Started in Sedona
Basic Shamanism and the Vision Quest Journey
Dr. Allocca's Vision Quest - East 2009
Dr. Allocca's Vision Quest - South 2009
Dr. Allocca's Vision Quest - West 2009
Dr. Allocca's Vision Quest - North 2009
Dr. Allocca's Vision Quest - East 2018
Dr. Allocca's Vision Quest - South 2018
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Your Personal Journey Guidance - Part 1 - Beginning with a Camera
Your Personal Journey Guidance - Part 2 - Beginning Assignments
Your Personal Journey Guidance - Part 3 - East
Your Personal Journey Guidance - Part 4 - South
Your Personal Journey Guidance - Part 5 - West
Your Personal Journey Guidance - Part 6 - North
Your Personal Journey Guidance - Part 7 - Journey Reflection

Step 2 - Journal

Purchase a blank journal. Keep a journal of every thought along this journey.

If you have any questions, contact Dr. Allocca by Email

Step 3 - Reading Assignment 1

Read the following chapters in the book, ask questions, and take notes:

- Awakening
- Consciousness
- What is Consciousness?
- Mindfulness and Ego Control Battles
- Introduction to Buddhism

Step 4 - Brain Biofield Technology

A. Read the Brain Biofield Technology chapter in the book.

C2 Scale, E.L.F. 1 (21 minutes) Delta

C3 Scale, E.L.F. 1 (21 minutes) Delta

C4 Scale, E.L.F. 1 (21 minutes) Delta

C2 Scale, E.L.F. 2 (21 minutes) Delta, Theta, Alpha

C3 Scale, E.L.F. 2 (21 minutes) Delta, Theta, Alpha

C4 Scale, E.L.F. 2 (21 minutes) Delta, Theta, Alpha

The above selections includes a musical background to make the experience more pleasurable.

Brainicity™ For Cognitive Development (7 minutes)

Brainicity™ For Higher Spiritual Energy (7 minutes)

Brainicity™ For Pain and Stress Reduction (7 minutes)

Brainicity™ For Pyramid Energy (7 minutes)

Brainicity™ For Transforming Negative to Positive Energy (7 minutes)

B. Download the Brainicity™ MP3 Ascension Package from Payloadz (\$55)

<https://store.payloadz.com/details/2661907-music-new-age-brainicitytm-mp3-ascension-package.html>

C. Listen to at least several Brainicity™ mp3s with headphones or earphones only.

Step 5 - The Genesis Meditation

Read the following chapters in the book, ask questions, and take notes:

The Genesis Meditation

Desktop Yoga

Perspective of the Earth and the Universe

The Electromagnetic Spectrum

Music and Nature

Sacred Geometry

Step 6 - Nutritional Guidelines

Read the Nutritional Guidelines chapter in the book, ask questions, and take notes.

Step 7 - Journey Background

Read the following chapters in the book, ask questions, and take notes:

The Journey Started in Sedona

The Journey of the Ancient Wheel of Four Directions

Dr. Allocca's Journey of the East 2009

Dr. Allocca's Journey of the South 2009

Dr. Allocca's Journey of the West 2009

Dr. Allocca's Journey of the North 2009
Dr. Allocca's Journey of the East 2018
Dr. Allocca's Journey of the South 2018
Dr. Allocca's Journey of the West 2018
Dr. Allocca's Journey of the North 2018
Dr. Allocca's Journey 2019
Dr. Allocca's Journey 2020

Step 8 - Your Personal Journey - East

- A. Read the following chapters in the book, ask questions, and take notes:
Your Personal Journey Guidance - Part 1 - Beginning with a Camera
Your Personal Journey Guidance - Part 2 - Beginning Assignments
Your Personal Journey Guidance - Part 3 - East
- B. Begin your journey in the East.

Step 9 - Your Personal Journey - South

- A. Read the following chapters in the book, ask questions, and take notes:
Your Personal Journey Guidance - Part 4 - South
- B. Begin your journey in the South.

Step 10 - Your Personal Journey - West

- A. Read the following chapters in the book, ask questions, and take notes:
Your Personal Journey Guidance - Part 5 - West
- B. Begin your journey in the West.

Step 11 - Your Personal Journey - North

- A. Read the following chapters in the book, ask questions, and take notes:
Your Personal Journey Guidance - Part 6 - North
- B. Begin your journey in the North.

Step 12 - Your Personal Journey - Journey Reflection

- Read the following chapters in the book, ask questions, and take notes:
Your Personal Journey Guidance - Part 7 - Journey Reflection