

Here is a sample prayer formulated on the Ascension Chair:

*From the Lord God of my being, "I AM That I AM", I desire today to express and renew my deepest gratitude for this wondrous opportunity to present my request to be prepared for my ascension with my physical body in this lifetime.*

*I ask the spiritual hierarchy of the planet and all of my guides, angels and masters to infuse in me enough faith to continue on my pathway with great determination, even if I do not see, hear or feel you. I ask that my beingness be totally drenched in the purity of the Ascension Fire for total purification, so that only the purity of my divinity remains. I ask for the courage and the faith needed to maintain this goal until my Ascension has become my reality. I ask for forgiveness for all my errors of the past and choose from this day on to live my life with the Love and Wisdom of my Divine Essence. I ask for the full meaning of divine union to be revealed.*

*I ask for full support and assistance in creating my spiritual openings and the return of my spiritual gifts. I ask for divine union and a greater connection with all aspects of Self, particularly my beloved I AM Presence and my Holy Christ Self (Higher Mental Body). I ask that the strength, the grace, the joy, the gentleness and the love be given to me to pass all tests and challenges presented to me, and to be taken to the next step and the next until I am totally ascended in the Light and Free.*

*I express my deepest gratitude for the blessings and the healing which grace my life each day and for my Ascension. With all my Love and Gratitude, I bow to the Light of my Divinity!*

From *The Ascension Flame of Purification and Immortality* by Aurelia Louise Jones