



Who Am I, and Why Am I Here?

My name is Paula, a Practitioner in Training with Jennifer Ruth Russell of the Angels of Abundance Ascension Academy. I joined the academy two years ago. I've been an avid student of all the classes offered so far and now look forward to becoming a Certified Practitioner in June of this year!

Starting this journey with the academy was a natural step forward in expanding on my spiritual foundation. I was hungry for more depth, understanding and healing. Every spiritual journey has a beginning ~ mine began in childhood. I have been a lightworker, healer, teacher and channel all my life. The path has been challenging, has tested my faith and offered immeasurable rewards. I enjoy exploring philosophy and world religions and have found my comfort in Spirituality, which I see as a blend of the mystical. There is no doubt in my mind and heart that this on-going journey with the academy will be a welcome addition to my professional bag of gifts. I intend to write professionally, offer Spiritual Counseling and Affirmative Prayer sessions, along with teaching all levels of Reiki, workshops, and hands-on healing sessions.

Highlights of spiritual wisdom gleaned along the way:

I learned as a single mother of two sons in diapers that our children are born through us but don't belong to us and that love is good wherever it comes from. I shared custody of my boys with my ex-husband and several women who loved and nurtured my sons along the way before he remarried. During the four years of separation before I re-married, I learned about personal choices. I could choose to be bitter and non-cooperative or I could choose to forgive. I disciplined myself to forgive.

Dark Nights of the Soul, when embraced, show you who you are and what you are capable of. The latest Dark Night of the Soul happened for me last year. My husband, Larry, had worked as a probation officer for the

County of San Diego for 30 years. He retired at 58 in 1997 and settled into enjoying his life pursuing various professional and cultural interests. Last year we were researching and preparing our wills. He contacted the retirement association to check on the survivor benefits which he had set in place for me when we married in 1990. He discovered over several weeks' time that the association had made critical mistakes from day one of his retirement and admittedly had overpaid him by \$160,000 and were insistent on recoupment/repayment by us for their errors. Not only that, but his ex-wife was shown to receive his benefits upon his death. This opened a whole can of worms. My husband began researching attorneys who specialize in recoupment issues for retirees. He located one in northern California who works for a firm that offers complementary legal services to retirees.

I instinctively leaned into Jennifer and my spiritual family at the academy. I experienced firsthand the truth of the power of group prayer and affirmative visualization. My morning spiritual rituals and grounding prepared me well to make my way through the maze of emotions and support my husband. I kept my seat in the boat, taking one step at a time and leaning on Faith and the support of our spiritual family as well as our family and friends. We lived through four months of incredible stress not knowing how much money the retirement association would withhold or where we could afford to live. We dealt with the county's lack of feeling for our welfare; they were focused on getting back as much money as they could. Negotiations were brutal and draining.

My spiritual practice through this situation was holding that the Universe and my guides would help me through this nightmare, that we were supported. We learned that our landlords of seven years needed to sell our rental home due to illness in the family. We soon discovered we could not afford to live in San Diego county, our home for so many years. My husband began a wide search for rentals with no idea what we could afford to pay in rent. We had two months to relocate while at the same time battling with the retirement association. Finally, in December of 2017 we negotiated a recoupment plan, the net result being that we were to live on less than half the income we budgeted our expenses upon.

We began looking outside of San Diego. After many disappointments, we found a real estate agent who wanted to help us find the perfect rental...she said she would want an agent to do the same for her parents if they were in our situation. She helped us locate the perfect small house and an owner landlord who offered the house at under-market rent with no plan of raising it! This was an answer to our prayers. He allowed us to move in two weeks early and worked with us. We are so grateful. Our first Miracle!

I learned that people are meant to love, support and hold each other as able until they can embrace the comfort of the Divine within. About a

month after we moved to Menifee, California, Larry suffered a heart attack and underwent triple by-pass surgery. The night before his open-heart surgery I suffered a peanut allergy attack while I was with him in ICU where he was being prepared for surgery the next morning. A Code Blue was called on me as I had stopped breathing. Fortunately, they were able to get me to the emergency room and administer the proper medications. I spent the night there and then joined Larry upstairs in the morning for his surgery. Our children joined me during his surgery. When I went home after the surgery leaving Larry in the hospital, it all hit me at once...I WAS ALONE...we were new in the neighborhood so there were no neighbors available to turn to. Our children had to get back for work.

At this point all my spiritual guidance seemed to vanish. Where could I turn? Tragedy happened to others, not to me. I'm the strong one who has the answers and comfort for others. Then I was tested ... pop quiz... no preparation allowed. It was Me and the unthinkable. I couldn't think rationally; I felt helpless, distraught and alone, caught in fight or flight feelings...it was as though I'd been shot with a stun gun and was numb with a fear that tested EVERYTHING I had learned on my spiritual path. Theory is great, but it didn't hold up to feeling frozen in place with nowhere to turn.

When Larry was released from the hospital after surgery, he was sent to a nursing home to recover. He was there for three weeks, wasn't eating or drinking much and was sleeping almost all the time. He didn't have the energy to participate much in rehabilitation. His daughter discovered he was having blood sugar issues since he wasn't eating properly. She and I insisted that the staff monitor his blood sugar often. Early the next morning the staff discovered him unresponsive and found it difficult to resuscitate him. They called 911 and me and I told Larry he had to agree to go to the hospital. I joined him there. He almost passed away four times.

I found myself reacting like a drowning victim, spastically gripping onto people who love and support me. I was fortunate that my spiritual family at the Academy checked in on me daily, sometimes more than once. They offered comfort and affirmative prayer and listened to me. My children, siblings and friends were there for me, while I was temporarily blinded and immobilized by the dark.

Then came a lull in the storm, some intermittent calm. The life-giving Presence within helped me thaw emotionally. I was drawn by the still, small voice of my Holy Christ Self...the spark of the Divine that dwells in the heart of every human being on the planet. The gentle rays of healing light and hope began to warm my entire being. I was no longer alone...I surrendered into healing. Through it all my spiritual family and my personal team were there for me...I Am Grateful!

2019 is a year of new beginnings with miraculous demonstrations for me. I will receive my Practitioner certification in June and be able to contribute more deeply and fully in the academy and in my professional life. I am fleshing out my expanded business plan to include affirmative prayer, spiritual counseling and financial abundance. It is time! I embrace my financial freedom and I am loving my way into it with gratitude. It is here...I Am free, I Am abundant!



I have always felt the comfort of the Holy Spirit and turned to Him with emotional challenges throughout my life. For that reason, I chose to transition into the Codes of Conduct with the following prayer:

Offering of the Broken Heart

Beloved Presence of God I Am, with surrender and humility, I come to the Altar of Mercy to offer my broken heart. This day, I offer my sorrows, my tears, my fears, my worries, my pains, my grief, my loneliness to the altar of Love, knowing that it is only through the drenching of the Heart into the fires of pure Divine Love that all human attributes of the broken heart can be miraculously healed and transformed.

As I offer my broken heart in total surrender and acceptance, I know that my heart will be softened. I also know that my pains and sorrows are a learning tool, the cleansing catalysts that will help me perfect the Divine gift of Love that will open wide the Realms of Light upon my soul.

As I allow myself to feel the pain with surrender, I also allow myself to release it, to be transformed into the most wondrous gift. Beauty in all its Celestial perfection, health in all its full magnificence, wisdom in its unlimited glory are the gifts bestowed upon those who possess this Great Love.

The Love of God, the Love beyond all gifts, I now pray with all the energy of my heart that I might be possessed by this Christ-like Love. I let this Great

Love sing as a melody of praise, Gratitude and Thanksgiving from my heart each moment that I live. And so it is, beloved I Am!

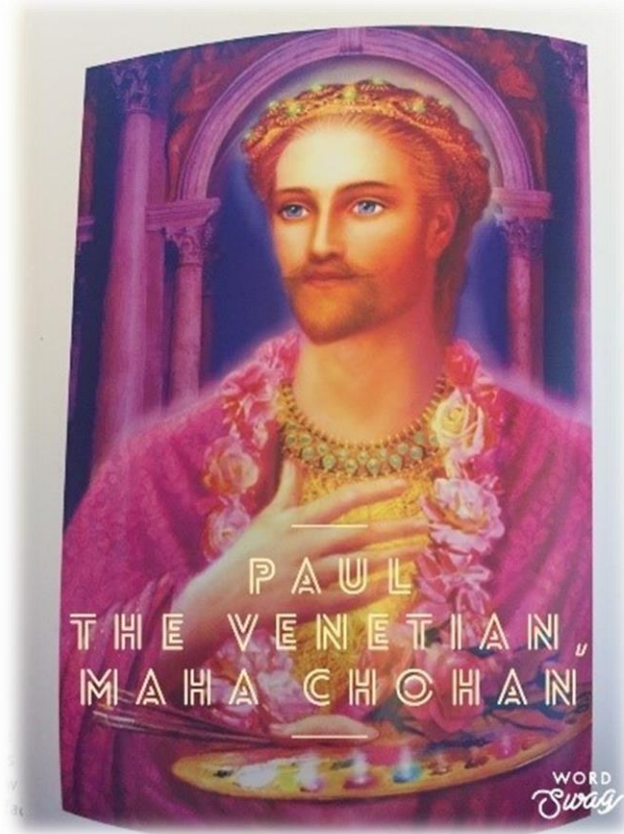
~ Prayers to the Seven Sacred Flames, p26

This prayer speaks to my humanness and opens my heart and soul to the wisdom, beauty and healing with Paul the Venetian and The Flame of Cosmic Love. I am honored to welcome Lord Paul into my heart space. When I call, He appears immediately; I can feel his Beloved Presence. Each of the Seven Sacred Flames has its offerings and gifts that together form an unending circle of cooperation.

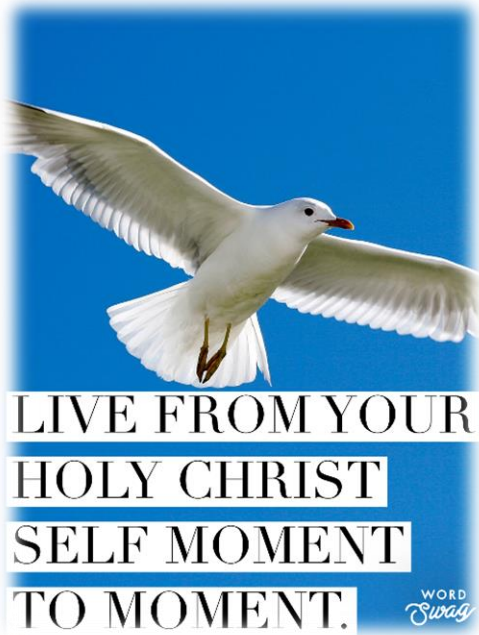
One of the many things I love about Lord Paul is the depth of His love and passion in assisting mankind and all life, including Gaia, in the Ascension process. As a 'graduated' Catholic of many lifetimes, the concept of me or humanity at large being able to Ascend like Jesus the Christ seemed blasphemous to me when I began my journey with the Angels of Abundance Ascension Academy. Who did I think I was? Now I see Ascension as not only possible but inevitable as I awaken and embrace my Holy Christ Self. Ascension signifies a great shift in consciousness, an absolute acceptance and embodiment of myself as a Divine being having a human experience.



I am offering this paper trail of my spiritual journey of the past year as my final project for Practitioner training. In addition to sharing from my heart as I have, I wanted to present my personal study and understanding of *Paul the Venetian's 10 Codes of Conduct*.



Paul the Venetian 10 Codes of Conduct



1. Become conscious always of your aspiration to embody the full expression of Godhead and devote all your being and service to that end.

Practice vigilance and awareness ~ think before feeling or speaking. With diligent practice and discipline, it is possible to step back from negative situations and conversations and envision what a Master would say or do in a given situation. He would 'see' the conversation or situation from a higher perspective, always holding the situation or person as in need of love or forgiveness. We are to speak our truth but with the power and words of a master...oftentimes saying nothing is the

appropriate course of action.

I am aware of the need to ground myself first thing in the morning, and spend time in prayer. I make every effort to discipline myself and show up every day from my highest and best. My daily routine helps me catch myself before I boomerang back into reacting to what's going on in front of me. My commitment to myself to remain present and not judge my tendency to react instead of respond (or not), can be discouraging; it becomes obvious very quickly how often I lose the feeling of my Holy Christ Self. It is becoming easier. I call in my Team and the Master/s I'm working with to guide me through my day, especially if it is a challenging one.

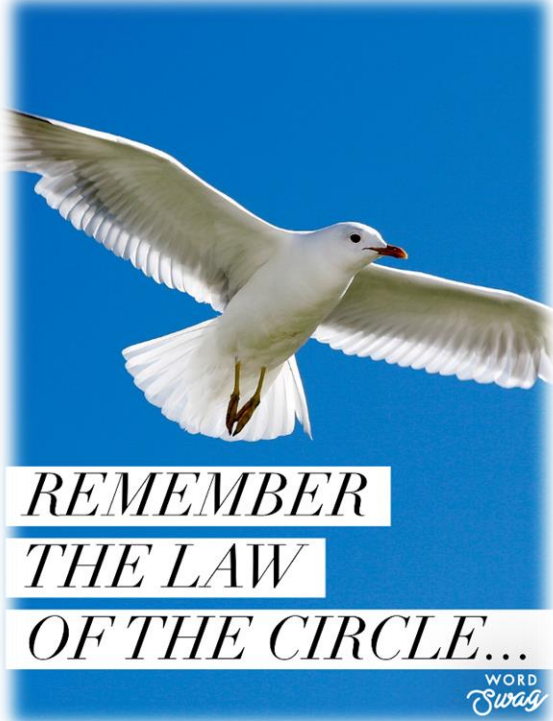


2. Learn the lessons of harmlessness-neither by word, nor thought, nor feeling will you ever inflict evil or harm upon any part of life. Know that action and physical violence will keep you in the realm of pain, suffering and mortality.

We incarnate to co-create with the Universe and to learn mastery over our thoughts, feelings and actions. We are to learn to see ourselves and every living thing as holy, sacred and deserving of love and respect. We are now at the crucial juncture in the Ascension process where we must remember and hold the light until all living beings awaken and remember as well. The lesson is that we are all one. When we harm any person, animal, or elemental we harm

ourselves and remain on the cycle of rebirth.

I find it challenging to find safety in my own mind; I catch myself oftentimes just before I say something negative or judgmental out loud. I've been programmed to feel I have the right to speak my mind. I welcome the discipline. I try to remember that I am one with all outside of myself.



*REMEMBER
THE LAW
OF THE CIRCLE...*

WORD
Swag



*TRUTH AND HARMONY ARE REAL.
ALL ELSE IS ILLUSION.*

WORD
Swag

3. Stir not a brother's sea of emotion thoughtlessly or deliberately. Know the storm in which you would place his spirit will sooner or later flow upon the banks of your own life stream. Rather bring always tranquility, love, harmony and peace to all life.

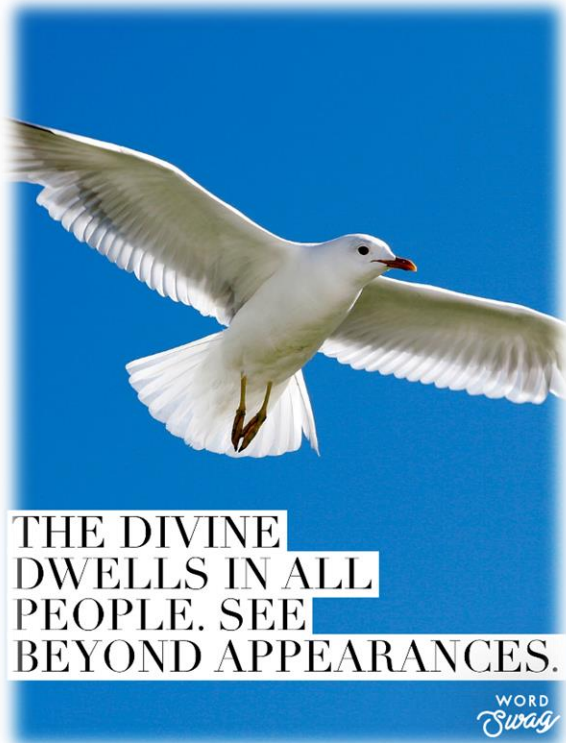
We mindlessly target others from a sense of being 'less'. We put another down to make ourselves feel better. This backfires eventually, as what goes around always comes around. I've experienced this first hand. This spiritual truth speaks to the lesson that we are to love ourselves deeply and truly, to value and respect ourselves.

4. Disassociate yourself from the personal and planetary delusion. Never allow yourself to love your little self more than the harmony of the universe. If you are right, there is no need to acclaim it. If you are wrong, pray for forgiveness.

This code offers me the ultimate challenge...to be in the world but not of it. All of the sacred teachings tell me that nothing but Love exists; all else is an illusion. I intend to stay focused on the love that unites all, that cares for the highest good of all. All works together.

This is a work in progress for me. When we care only for ourselves and 'our own' we are separate...instead, I commit to creating harmony

within myself and to share it with others.



THE DIVINE
DWELLS IN ALL
PEOPLE. SEE
BEYOND APPEARANCES.

5. Walk gently upon the Earth and through the universe, knowing that the body is a sacred temple, in which dwells the Holy Spirit, bringing peace and illumination to life everywhere. Keep your temple always in a respectful and purified manner, as befitting the habitation of the Spirit of Love and Truth. Respect and honor with gentle dignity all other temples, knowing that often with a crude exterior burns a great light.

I am encouraged to remember Who I Am, a Divine Being having a human experience. I am here to share that light and truth and to see the divinity in everyone regardless of how they appear before me.

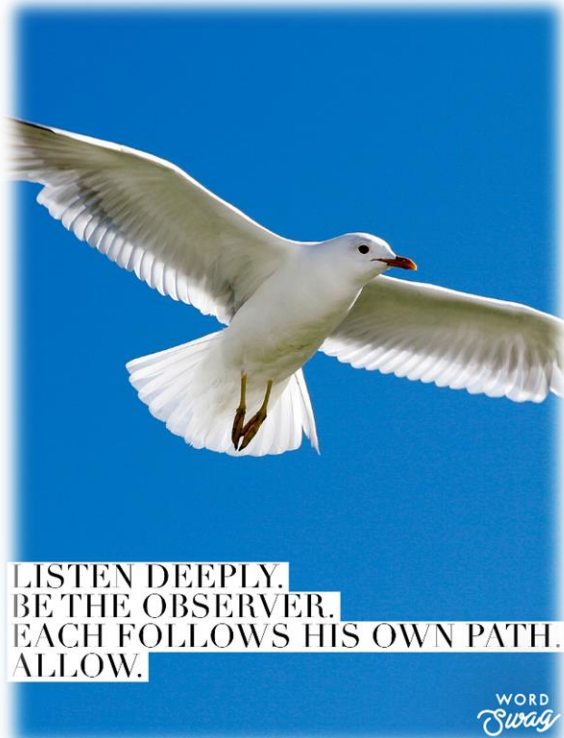
I must admit it's a work in progress; the human side of me immediately, thoughtlessly judges people in one

way or another. I keep in mind the fact that everyone is equal before God. As I remind myself of this, it is easier to show up as the Light, shining freely.

I'm making every effort to nourish my body, mind and spirit with the highest quality of food, water, thought and action. I challenge myself to remember that every living being is an expression of the Divine even when they aren't yet aware of that fact. I set the tone for my day to be Present in and share love. Not always easy, but then spiritual mastery is challenging for everyone.



right. Until a few years ago, I was ignorant to the truth that everything we see on the planet is alive and deserves respect and love.



6. In the presence of Nature, absorb the beauties and gifts of Her kingdoms in gentle gratitude. Do not desecrate Her by vile thoughts, sounds, or emotions, or by physical acts that despoil Her virgin beauty. Honor the Earth, “the Mother” that is hosting your evolutionary pathway.

Take in the wonder and beauty of nature and all Her gifts. Our lives have been Gaia’s gift to us for eons of time. She has loved us and tolerated our ignorance. Treat her body and all Her gifts with the same respect and care we show our own bodies.

Take an interest in all the kingdoms She is responsible for. Many of us are oblivious to the fact that Gaia is a loving, living, Divine Being in her own

7. Do not form nor offer opinions unless invited to do so, and then, only after prayer and silent invocation for guidance. Speak when God chooses to say something through you. At other times it is best to speak little, or to remain peacefully silent.

It helps me to remember the teaching of the Masters: that we were given two ears to hear with, two eyes with which to see, and one mouth through which to speak. That means I should listen much more than I speak. I’ve learned that the throat chakra is the step-down center to speaking my truth.

I challenge myself to remember not to jump in on another’s words or be

thinking of what I want to say next...to listen deeply and speak only if I'm guided to. Like most people, I love to share ideas and have stimulating conversations. It is challenging to share what I need to say in a way with words that do no harm.

When I listen deeply, I notice my judgments, my need to change or control another's thoughts, words or actions. I'm working on releasing my critical nature, to think before I feel, speak or act.



8. Let your heart sing a song of gratitude and joy unto God. Be grateful always for all that you have received and that you have in the now moment. Tap in to the River of Life, River of Love and Abundance that lies within the Sacred Heart.

An attitude of gratitude goes a long way toward creating, visualizing, energizing and giving voice to any and all creations in our lives. Ironically, we can tell how we're doing by the results we see reflected in our daily lives... life is about creation, becoming, evolving, ascending. We progress daily...some days we take one step back.

It is a masterful path that requires us to envision our world as we would have it be, to express gratitude in advance for all we envision and

desire. We're to become clear on what it is we would create or manifest, fill our desires with love and keep our attention on our pure intention...concentrate and consecrate...keep our eye single on what we would manifest. My life is a blend at this point; accepting on faith that everything I desire to bring forth in my life is already inside of me for the asking...for the Accepting and Calling Forth. I still believe at some level that I must "make it happen", work hard, DESERVE.



9. In speech and action be gentle, but with the dignity that always accompanies the Presence of the living God that lives within the temple of your being. Constantly place all the faculties of your being and all the inner unfoldment of your nature at the feet of the God-power, endeavoring to manifest the perfection of compassion when meeting those in distress.

I love practicing this Code; volunteering comes naturally to me. Some of my fondest memories are of serving as a Lay Chaplain with hospice. There was such reciprocity; I was fortunate to spend hours with people in transition, for my body to bear witness to their journey, to listen deeply, reflect, laugh and cry with them. I felt a deep, healing connection.

I prepare daily to Be the Light I Am wherever I am. On the occasions I can accomplish this, I FEEL the Light I AM as I interact with someone who is in pain or distress...I am able to listen, touch if it feels right...be present for and with them. There is compassion and dignity for all concerned. When I find myself trying to "make it happen" or be the doer, I call in my Team for assistance, for serving as a vessel of healing is not personal.



10. Let your word be spoken in gentleness, humility, and loving service. Do not allow the impression of humility to be mistaken for lethargy, for the servant of the Lord, like the sun in the heavens, is eternally vigilant and constantly outpouring the gifts of Love to those who open their hearts to receive them.

There is nothing weak in openly serving and ministering to another with gentle words and kindness. It takes a strong person to be authentically gentle, and it takes a gentle person to be authentically strong.

This seems like a paradox, but it is not. Masters speak with authority in

a gentle and kind manner because they feel the Power of their Love and wisdom guiding them in the present moment. Their focus is on the perfection of the individual or the situation in need of counsel or healing. Hold perfection as the reality. The Holy Christ Self is in charge!



It is with great love for Paul the Venetian, the Maja Chohan and Holy Spirit, that I express gratitude for the opportunity to share my thoughts, feelings and understanding here. There is so much more to share but that is for another time. I am grateful for Lord Paul's Presence within and around me, encouraging me to 'let it flow' long before I was able to do so; my resistance was high, and I found many ways to hide from Him and his generosity. He and my Team assisted me in noticing exactly what I was doing. I was like an intelligent child who was aware of avoiding or procrastinating, not sharing my light.

I learned a great deal about myself while writing this paper. A large part of my reason for being on the earth now is to work through issues blocking my ability to show up as the wise soul I Am. A deeper journey within to wrestle with my fears around the judgment and criticism my honesty and transparency might initiate in others took time and energy. My team witnessed my on-going struggle dealing with behaviors and beliefs that keep me from living life as my authentic self ~ I am now openly releasing my fears and sharing my gifts of healing, spiritual counseling and teaching. *I Surrender...*



Affirmation of the Disciple ~ Author Unknown

I am a point of Light within a greater Light.

I am a strand of Loving Energy
Within the stream of Love Divine.

I Am a point of sacrificial fire,
Focused within the fiery Will of God
and thus I stand.

I strive for better understanding.

Let wisdom take the place of knowledge.
Let the Master of my life, my God Presence,
Throw Light on others through me.

In the center of the Will of God I stand.
Naught shall deflect my will from His.

I implement that Will of love,
By turning towards the field of Service.

I am a messenger of Love and Light,
I do not walk alone.

I know myself as one in Service with all Great Souls.

A soul, I walk on Earth, I represent the "One".

Give me your hand and tread the Path with me.

Let Peace and Love prevail on Earth now and forever!



I step into the Circle of Light in gratitude and with great love for the spiritual journey this project has gifted me. I AM one with my Beloved I Am Presence and Holy Christ self and acknowledge the insights and assistance and understanding offered me by Beloved Paul the Venetian, my Team and Guides. As a daughter of the Most High, my words flowed naturally and with grace.

I release this final project to the Universe with love and gratitude knowing it will meet the eyes of those who are meant to read it. I am complete, it is done! May we all be blessed! And so it is and so I let it be, Beloved I Am, Beloved I Am, Beloved I Am!

Paula Casey Githens
The Angels of Abundance Ascension Academy