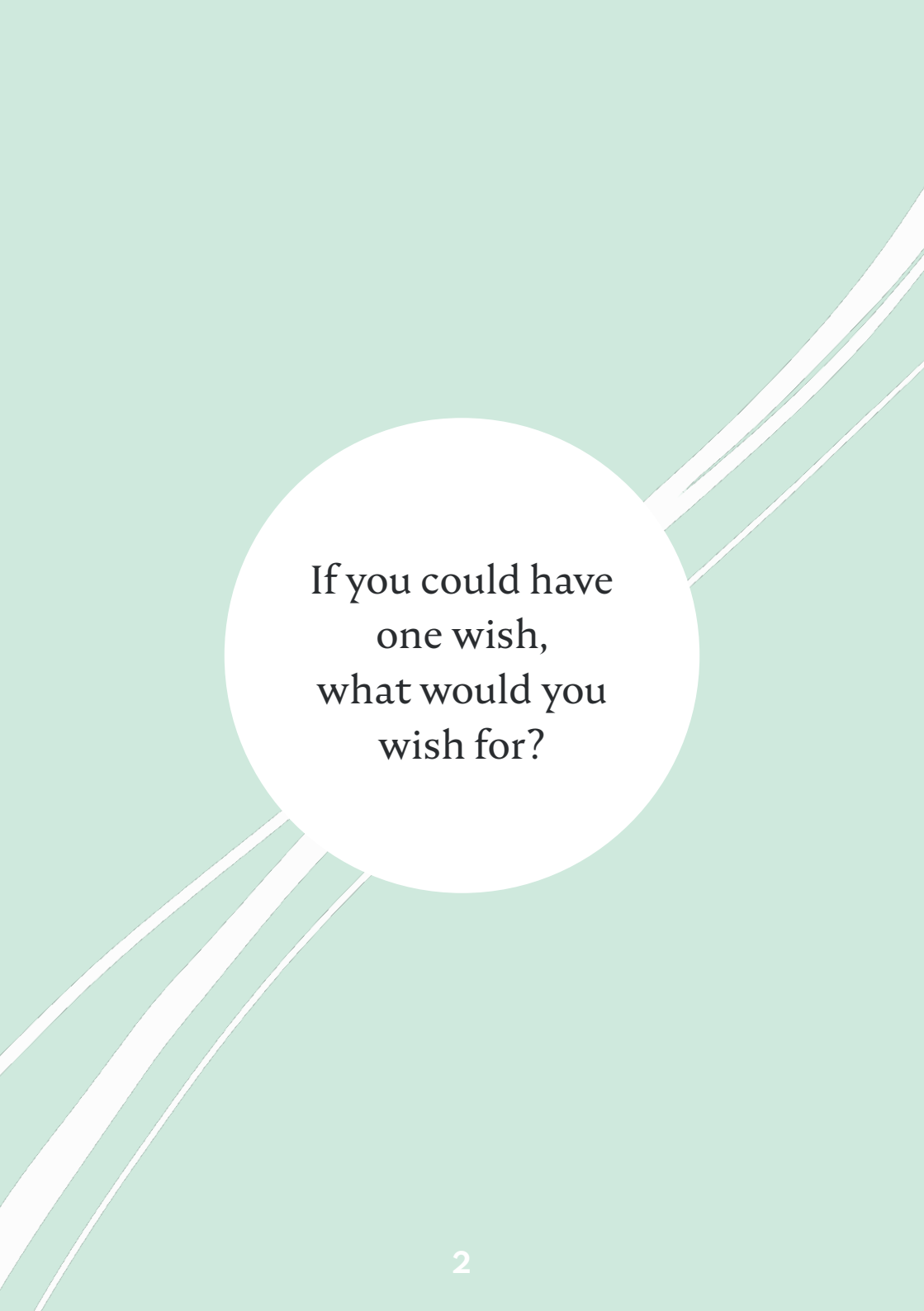




# The Bright Path Ishayas' Ascension

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**An introduction**



If you could have  
one wish,  
what would you  
wish for?

# Benefits of Ascension

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**More Peace  
and Joy**



**More Appreciation  
and Gratitude**



**More Love  
and Connection**



**More  
Compassion**



**More  
Creativity**



**Bigger Sense  
of Purpose**

“

Life is meant to be lived in  
Eternal Joy,  
Infinite Freedom,  
Unconditional Love and  
Unbounded Awareness.

Any other life is  
utterly missing the point of  
being born human.

”

- Maharishi Sadasiva Isham

# Why Learn Ascension?

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**So that you can discover inner peace, freedom, and a living experience of Oneness.**

The word “Ascend” means “to rise beyond”. The Ishayas’ Ascension is a system that allows you to rise beyond the limiting structure of your mind. Here you discover the magic and power of life beyond those limits. It reconnects you with your natural state of Love, Harmony and Peace. You experience a clear sense of your own Divinity, and the Divinity of all things.

As we go through life, we accumulate layer upon layer of beliefs about who we are, how the world is, and what we are capable of experiencing. Some of these things are positive and help us to function as human beings. Some of these experiences however, lead to beliefs and judgments that limit us.

Maybe we learn that love will eventually leave us, or there is not enough love for everyone. Maybe we formulate the belief that we are unworthy in some way, or that we need to struggle and fight to get what we desire.

Regardless of the specific content, we all develop limiting and even self-sabotaging beliefs. They filter our view of reality and define the world in which we live. No matter what you think, your life is a product of your beliefs.

# Ascension Techniques

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**Ascension is a practice similar to meditation, yet it delivers so much more.**

The Ascension techniques taught by the Ishayas are called “The Ascension Attitudes”. They are extremely powerful and effective sentences of self-discovery and transformation. Applied properly, the techniques allow you to step into a direct experience of unity, thus ending separation. Ascension is the simplest and most effective tool that we know of that exists for this purpose.

The Ascension Attitudes are based on Praise, Gratitude, Love and Compassion. They use these emotional frequencies to transcend the root cause of separation and suffering.

Ascension returns your conscious attention to the present moment. It brings you to the stillness and majesty of awareness beyond thinking, and into a space of perfect peace, endless contentment and truly unconditional love. All without effort!

“ Every human being comes  
to earth with a Divine Purpose:

to bring heaven to earth, to discover  
the greatest version of ourselves,  
and to end suffering in the world.

It's absolutely achievable;  
the only thing we need to do  
is to learn how to shift our attention

from going outward  
to moving inward.

”



## **Praise Technique**

For most people, the mind is a judge or critic, constantly finding fault with you and your experience of life. It leads to a commonly held, unconscious belief that “there is something wrong with my life.” The first Ascension Attitude uses the power of appreciation to dissolve this belief, allowing you to experience life free of the habit of judgement and self-criticism. It opens you to the sense of awe and wonder that is your natural state, and a rich experience of the magic of the present moment.



## **Gratitude Technique**

Many people carry judgments about the physical world, which also includes the body. Our minds will tell us that we cannot be happy unless something improves in our bodies, our homes, our material possessions, or our world. The Gratitude Attitude heals these judgments and limiting beliefs, allowing you to experience fullness and abundance of each moment in your life.





## **Love Technique**

Love is the most powerful, uplifting emotional force. Yet, for many, love can also be a source of suffering. Through early life experiences, we might have learnt that we are separate and unworthy of true love.

This leads us to experience dissatisfaction in relationships, and to fear of rejection and disapproval. The Love Attitude heals the false belief in separation, allowing you to reconnect with the infinite Source of Love within.



## **Compassion Technique**

The compassion technique draws the first three techniques together to create a complete package, or “sphere”.

It anchors you in that state of peace and presence. The technique also directs this state outwards, and helps you in developing true compassion and healing your relationship with the rest of humanity.

# The Beginner's Course

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The course where you will learn the practice of Ascension is called a **First Sphere** course. The First Sphere is generally held over a weekend from a Friday evening to a Sunday afternoon, although other formats are available. The First Sphere weekend is taught by qualified, experienced teachers. The course is informal, enlivening, enjoyable and absolutely life changing.

**Friday Evening:** You will learn the Praise technique and how to use it in the most effective way. This means you will be able to Ascend and experience the benefits right from the beginning of the course.

**Saturday:** This is a day of monumental discoveries. From why Ascension meditation can and should be easy and effortless, to the magic of consciousness and the experience of Self-realisation. Saturday is a day of awe and wonder as your true potential is laid out clearly and simply. It is also the day where you will be taught the Gratitude and the Love Techniques.

**Sunday:** Many people find Sunday to be the most beautiful and profound day of the course as the whole course is brought together into a powerful completion with the last Compassion Technique.

# Why choose Ascension?

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## 1 ..... Taught by qualified teachers

A minimum six-month intensive training, involving hundreds of hours of Ascending, is required to qualify our teachers.

## Effortless and simple ..... 2

Tap into the natural tendencies of your body and mind to go inward.

## 3 ..... Evidence-based

In a recent study, 97% of people who Ascend regularly reported more peace, love and joy in their lives.

## Eyes-closed as well as eyes-opened ..... 4

Ascension can be practised with the eyes open as we go through our busy day, rapidly bringing the benefits to all areas of life.

## 5 ..... Fits with any lifestyle

Ascension is not a belief system, and you don't need to change anything about your life to Ascend effectively.

## Tailor-made just for you ..... 6

Personalised tools to give you the greatest impact possible.

# FAQ

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## **Can I learn Ascension online or from a book?**

Ascension is not a theory which can be learned in writing from a book or impersonal course. Ascension is a practical teaching that can only be delivered personally from teacher to student. It is experiential rather than conceptual. This means that personal instruction and guidance based on your own experience is the key.

The First Sphere course is enjoyable and straightforward. Providing experiential guidance on how to use the techniques, understanding how they work, and what happens to you when you practice Learning to Ascend would not be nearly as effective if taught in an impersonal way.

## **How long does it take to get results?**

The Ascension Attitudes work every time you use them, and so Ascension is effective immediately. Most people notice the impact of the practice very clearly during the First Sphere course.

The ongoing benefits, such as the deep rest, peace and presence Ascension brings, accumulate over time as you continue to Ascend. Consistent practice is the key to getting everything that the teaching has to offer.

## **Do I need to take further courses?**

No further courses are required. However, having learned the First Sphere, you may repeat the course as many times as you wish, at no extra charge, forever. In fact, this is highly recommended.

The Ishayas do offer advanced courses, and many people gain immense benefit from them, but they are not required to receive the gifts that Ascension offers. The First Sphere course is all that you need.

## **Is the Ishayas' Ascension a religion?**

The Bright Path Ishayas' Ascension is not a religion nor a belief system. It is a mechanical practice that focuses solely on your own direct experience, however and whatever it is for you in the practice.

Ascension is a natural inner application that does not conflict with your beliefs, religions or lifestyle.

## **Is Ascension different from Meditation?**

Yes. Ascension is different from meditation as most people believe meditation to be. Ascension is like meditation because we use the techniques for some time each day with the eyes closed.

However, Ascension is also practised with the eyes open as we go through our busy day, rapidly bringing the benefits to all areas of life. Another major difference is Ascension is easy, enjoyable and effective. Anyone can do this.

Many meditation practices focus on making the mind quiet and trying to experience a particular state. With Ascension, there is no need to stop your thoughts, control your mind or find any particular kind of experience. It is not necessary to sit in any given posture or adhere to a specific diet or exercise regime.

Ascension is not about finding a small space of peace while you can close your eyes, which is the case with many other meditations. Ascension is about living your life from a completely different perspective. Many meditation practices are focused on the experience while you are meditating.

Ascension is focused on enhancing the experience of your entire life. By using the techniques of Ascension as taught by the Ishayas, the patterns and beliefs in the unconscious begin to fall away gracefully, and life begins to change for the better.

## **What Do you Get When you Learn?**

- The first four Ascension techniques
- Six-week follow-up support after your First Sphere course from your teachers
- A complete system of self-empowerment and personal growth
- Repeat the course at no further cost, for life!
- A global network of qualified teachers to assist you on your journey
- An international community of inspiring, like-minded people
- Access to our free, exclusive “members’ area” on our website with live webinars, videos, articles and more.
- Access to worldwide daily webinar support for your practice and experience with Ascension
- Inspiring regular newsletters, including practical exercises to explore and discover more
- And much more!

More information:  
[www.TheBrightPath.com](http://www.TheBrightPath.com)

