

ASCENSION 101
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HOW TO STEP INTO THE HEAVENLIES



ASCENSION 101

A BEGINNERS BUNDLE

Step-by-Step Ascension Practice by Nancy Coen

"Sit straight up in your chair, just close your eyes, take a few deep breaths, hold it in your lungs to the count of four and release.

Let's just do that two times.

Now still your body. Still your soul, still your thoughts, and let's just go."

– Nancy Coen

Step 1: Approach the Open Door

- See an open door of light ahead of you.
- Reach out and step through the door.
- Feel the warmth and majesty of the heavenly light.

Step 2: Yeshua is the Door

- See Yeshua standing with you.

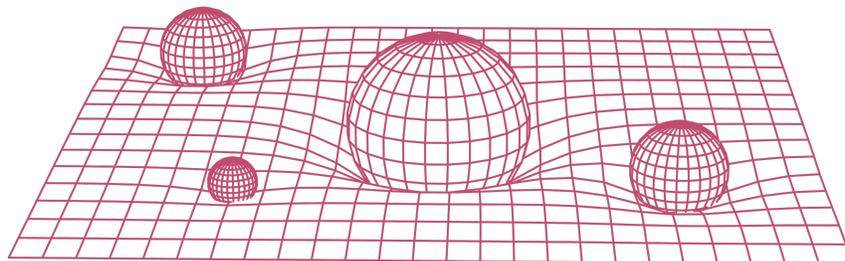
"Look into His eyes and see everything you can because in His eyes are the whole universe displayed. I want you now to just focus on gazing into his eyes."– Nancy Coen

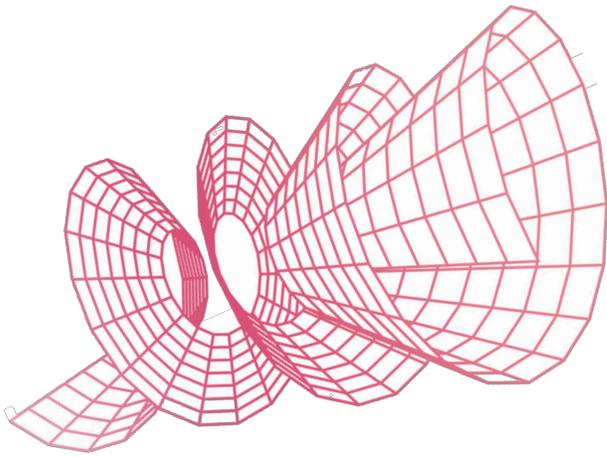
Step 3: Move Through the Experience

- Notice what is before you; bridges, angels, landscapes, or colors.
- Observe any beings or symbols you feel drawn to.
- Follow whatever your spirit leads you.

Step 4: The Return

- Gently bring your awareness back to your body.
- Slowly open your eyes if desired.
- Reflect on what you experienced.





Ascending with Nancy

*Thank you, Father, for Yeshua—the open door.
Thank you that you've prepared the way.
Where you are, I may be also.*

What do you see in Yeshuas' Eyes?

"Look into His eyes and see the whole universe displayed there. He is dispersing wisdom to help you understand and interpret the depth of all that you see."

- 1) _____
- 2) _____
- 3) _____

What do you see when you look through His eyes to the earth?

"Turn your body inside of him, and begin to look down through his eyes at what you see in the earth."

- 1) _____
- 2) _____
- 3) _____

John 5:19 (TPT)

Then Jesus answered, 'Very truly I tell you, the Son can't do a thing by himself. He does only what he sees the Father doing. Whatever the Father is doing, the Son is doing also.'

*"He would rather you make a mistake trying to connect than stay distant trying to be perfect."
— Nancy Coen*

Revelation 4:1 (TPT)

*After this, **I looked**, and there before me was **a door standing open in heaven!**
And the first voice I had heard speaking to me like a trumpet said, 'Come up here, and I will show you what must take place after this.'*

The Door: It represents Jesus (Yeshua) as the invitation into God's presence and heavenly realms. He became a sacrifice for us and the veil was torn. We enter through Him, and His blood.

Imagination: God has given you the ability to use your spiritual senses in the spirit realm. Its a heavenly tool, embrace it as part of you're spiritual journey.

Invitation to Come Up: The divine call read in Scripture when God invites His people to "come up", to enter higher understanding and intimacy with Him (as with Moses, John, etc.).

Ephesians 2:6 (NIV)

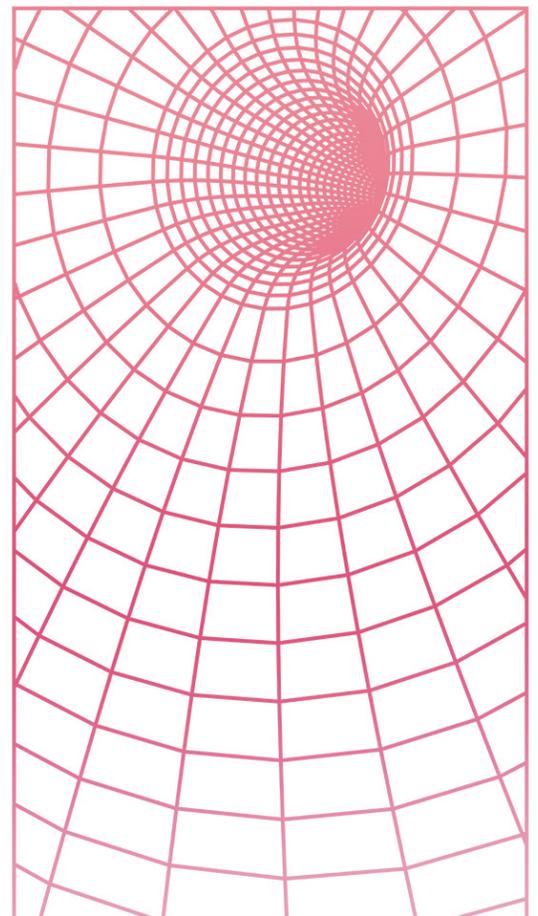
And God raised us up with Christ and seated us with Him in the heavenly realms in Christ Jesus.

John 10:9 (NIV)

I am the door; whoever enters through Me will be saved.

Exodus 24:12 (NIV)

Then the LORD said to Moses, 'Come up to Me on the mountain and stay here.'



Ephesians 2:6 (NIV)

And God raised us up with Christ and seated us with Him in the heavenly realms in Christ Jesus.

What if i struggle to Ascend?

*"Ascension is very, very simple
 . The only thing that makes it hard is what's happening between our
 own two ears."
 – Nancy Coen*

Check in on these 4 Tips if you struggle:

1. Be Patient and Gentle With Yourself:

It takes practice and time. Don't compare yourself to other Ascenders.

2. All 5 senses are important:

Seeing is not the only way to explore the Heavens, some might be stronger than others. Seeing, Sensing/ Feeling , Hearing, Smelling and Scripture.

3. Start simple:

Where is Yeshua in the room? What is He wearing? What is He saying?
 Sit in stillness and imagine yourself walking through a Door/ Portal?

4. Is there a lie there?

Is there somewhere inside of yourself that you believe you can't do this?
 That this isn't for you.?
