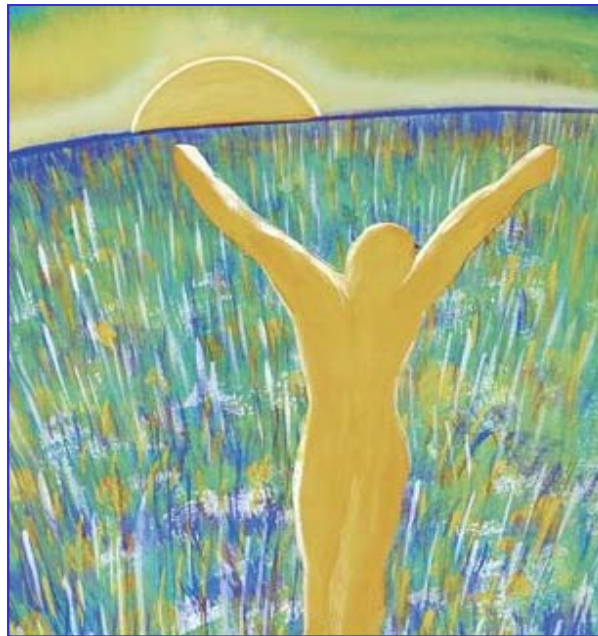


Spiritual Path From the Beginning

Simple Clues To Assist You



CHANNELED THROUGH
SYLVIA SEWARD

- *Are you wondering about the coincidences in your life?*
- *Are you unhappy?*
- *Feel Alone?*
- *Do you thirst for the answers?*
- *Do you want to connect to a higher power?*

P r e f a c e

Page 2

Inside these pages, you the reader will find simple, gentle methods for your personal spiritual progression.

First allow me to introduce you to Ascended Master M. I was instructed to use only the initial M. for the Ascended Masters name. His energy is strong, mature, and articulate.

I was introduced to Ascended Master M. very early Sunday morning February 4, 2009 to the sound of the ding, ding, ding of a bell, the kind you would find on a retail counter.

I had just awakened and I was slowly enjoying a cup of English Breakfast Tea, when I distinctly heard a bell ring. I looked up to the ceiling and said to my guides "I heard that." My head started to feel light and fuzzy; this is usually what happens when I know a message is coming through. I ran for paper and pencil and started to write. I am always eager to engage in conversation with the Masters. I had been channeling messages for about 1 year and was instructed to post many of them on my website Blog for the benefit of the many.

As instructed, I have prepared this booklet in its entirety for the purpose and benefit of all persons seeking their personal spiritual path.

I have not changed the wording or even the sentence structure; only spelling and punctuation has been corrected. As the sessions were given, so I have written them for you.

Please share this information with all persons seeking Truth and Light. Enjoy!

Agape,
Sylvia

Table of Contents

<i>Session 1</i>	<i>Pages 4 ~ 9</i>
<i>Session 2</i>	<i>Pages 10 ~ 24</i>
<i>Session 3</i>	<i>Pages 25 ~ 34</i>
<i>Session 4</i>	<i>Pages 35 ~ 40</i>
<i>Session 5</i>	<i>Pages 41 ~ 47</i>
<i>End Comments</i>	<i>Page 48</i>
<i>Ordering Info</i>	<i>Page 50</i>

Good Morning, these are the words for today.

Remind yourselves of the coming days for the words we speak to you are for your comfort and release.

We are a vast group known as the Hierarchy of Light, Heavenly and Galactic.

Our purpose, mission, is to relate to humanity what is vitally needed to survive the end of days. You call this time a time of reckoning, new age, and new earth. All these are true and accurate.

However, we shall expand upon these terms for you for the purpose of better understanding.

We shall begin today's lesson in a way that all persons will understand.

We will always begin with the milk; and as you mature, we shall add until you are ready for the meat of the matter.

Listen closely if you want to learn from the Masters, those who have walked your path many times thus far.

Page 5

I am M., Master of Light.
I am not Archangel Michael.
I was once a man in the flesh. I walked
the earth as you do.
I learned as a man that all things
learned are for the purpose of your
personal evolution.

Now, do not get "hung up" on the word
evolution.

Shall I better use the word progression,
then ascension?

But the milk of this is that I am start-
ing at; the very beginning for those who
are just now beginning to open to their
own path of progression, evolution, or
ascension.

Bear with me as we begin.

When you begin to realize that you are
not a happy camper, you will begin anew,
fresh.

Let me give you a list of things to look
at, so you can recognize yourself in the
picture.

1. Unhappy - unhappy with everything; life, family, fortune, contentment etc.
2. What is next for me? This question will loom in your mind. Listen to it for this is a vital sign to look INWARD.
3. Where can I go for help? Help in many forms. Health, happiness, self discovery, inward healing.
4. Find out who to turn to. You will need to investigate all the avenues available to you. Only then can you make an informed choice.
5. Take Action!

This is the progression of healing and spiritual progression.

Very simple indeed...but are you willing to take the steps necessary for your own well being?

I, we, cannot make you move.
Free will is always in place.
Never will myself or any others of Light do any differently.

This is a very important CLUE for you!

If another person tries either outwardly or deceptively try to control or manipulate you, FLEE at once for this is dangerous.