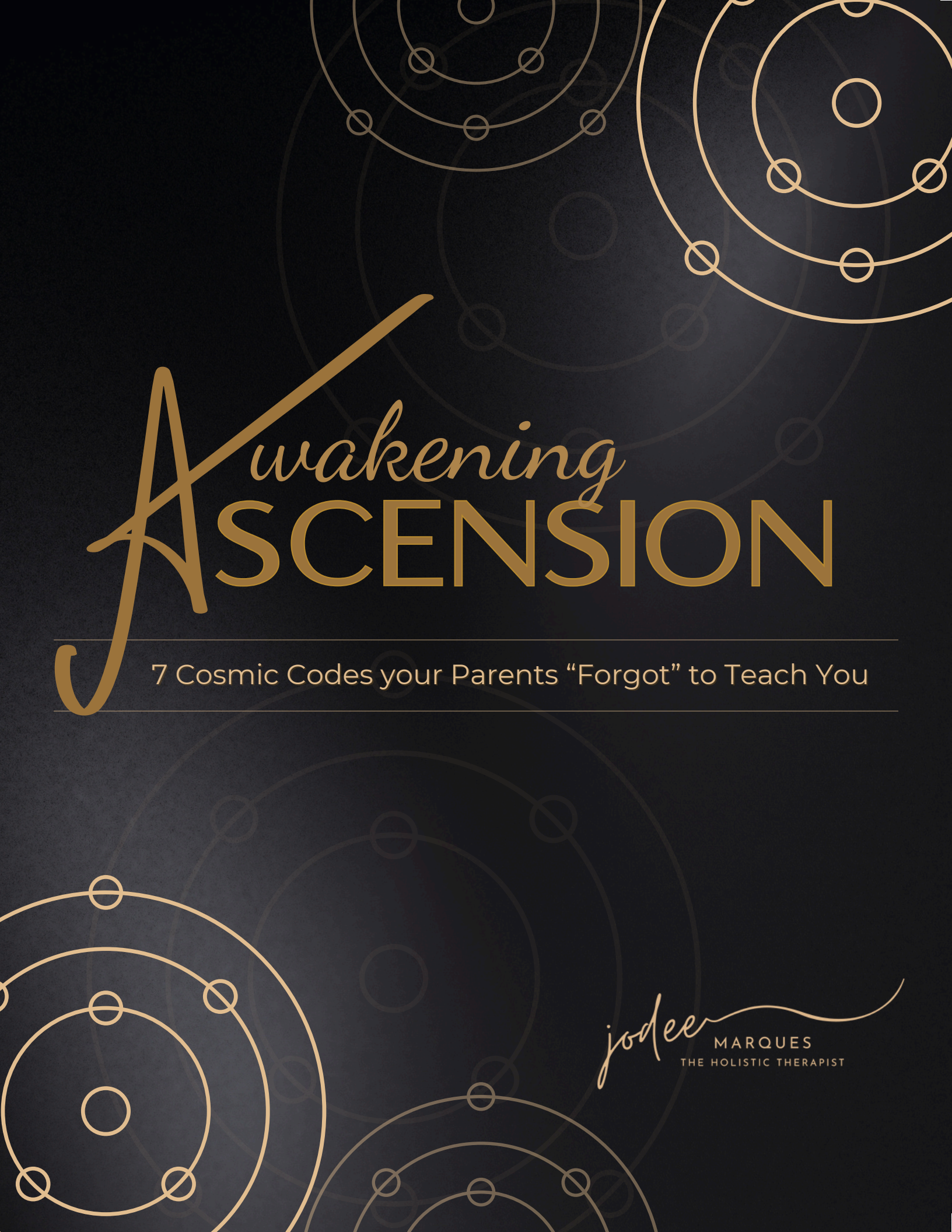




Awakening ASCENSION

7 Cosmic Codes your Parents “Forgot” to Teach You

jodee MARQUES
THE HOLISTIC THERAPIST

WELCOME *home*

This book serves as a transformative guide, offering you profound insights into the essence of your Soul and the journey of Ascension.

The 7 Cosmic Codes contained within this book invite you to shift your perspective as they unveil hidden layers of your existence, illuminating your path toward self-discovery and conscious enlightenment.

Each Code invites you to explore the depths of your being, encouraging a deeper connection with the Universe and a renewed understanding of your place within it.

Full disclosure, I have no hard evidence of what I am sharing in the following pages and these Codes are based on my personal journey and experience. These are not my Codes, I did not create them nor do I take credit for their existence. These are Universal truths shared by millions of Souls that we are aware of and likely endless others that never made the history books.

That being said I always encourage independent thought and what is true for one may not be true for another. I am not here to tell you your truths, I am here to share mine in the hope that it will resonate with Aligned Souls that have been waiting to be reminded.

As you delve into these teachings, I encourage you to feel into the words to notice if they resonate with the core of your being, Soul truths must be felt and not analysed with logic.

These sacred Codes are not just a collection of ideas but a catalyst for personal growth, empowering you to embrace your true essence and providing a compass to Ascend your life into higher levels of passion, power and purpose.

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Let's begin...

YOU ARE A SOUL HAVING A HUMAN EXPERIENCE

This first Code invites you to explore the concept that your true essence transcends your physical form.

This perspective suggests that life is a journey of the Soul, temporarily embodied in human form to learn, grow, and connect via the human experience.

The concept of Soul has intrigued humanity for centuries, serving as a central theme in philosophy, religion, and spirituality.

Generally, the Soul is considered the immaterial essence of a person, embodying consciousness, personality, and individuality.

In various religious traditions, the Soul is regarded as immortal, persisting beyond physical death and continuing its journey in an afterlife or through reincarnation.

Philosophically, the Soul is often debated in terms of its existence and nature, with some arguing it is a distinct entity separate from the body, while others consider it a metaphor for the mind or self.

Despite varying interpretations, the Soul remains a profound symbol of the human quest for meaning, identity, and connection to something greater than the physical self.

“ *We are not human beings having a spiritual experience; we are spiritual beings having a human experience.*

Pierre Teilhard de Chardin

A popular quote that captures this profound idea comes from the French philosopher and priest, Pierre Teilhard de Chardin who said *"We are not human beings having a spiritual experience; we are spiritual beings having a human experience."*

This insight invites you to reframe your understanding of life and existence, emphasising that your true essence is spiritual, and your time in the physical world is a temporary but transformative part of your Souls journey.

*I am not this hair, I am not this skin.
I am the soul that lives within*

Rumi

Personally, once I embraced this perspective, I found greater meaning in my life experiences and a greater connection to the world around me.

In my work as a Holistic Therapist, I have coached hundreds of individuals, couples and families through life's challenges.

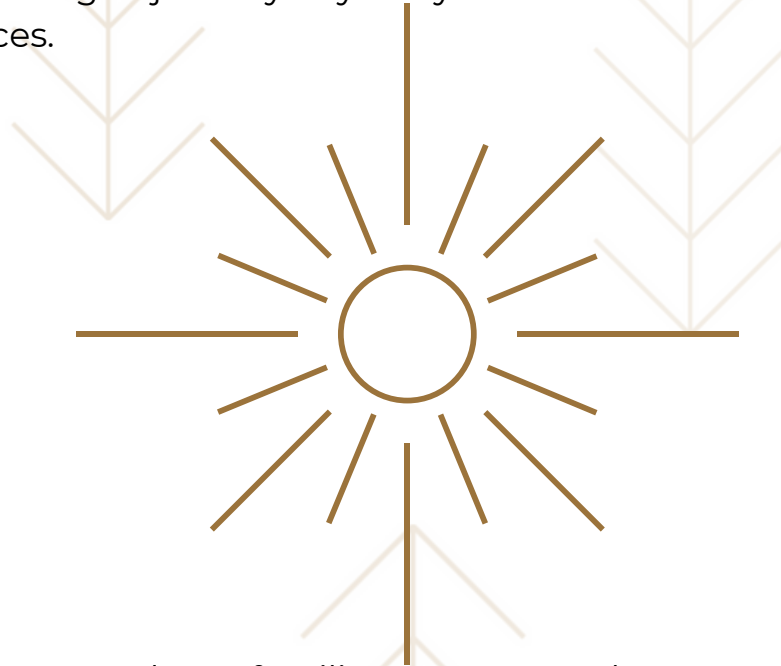
From relationship break downs, negative emotions, limiting beliefs, health challenges, addiction and grief, there is one thing I know for sure...the human experience is hard, but it's a lot easier if we understand life through a 'Soul-led' lens and we are 'Soul-ution' focused.

Some find belief through Religion others through Science...I am not here to debate the meaning of life or the truth of our existence, I am simply giving a voice to a spiritual truth that is rising within humanity and longing to be remembered.

This first Code encourages you to view life's challenges and joys as opportunities for spiritual growth and self-evolution.

This mindset can foster a deeper understanding of your purpose and interconnectedness with others and the Universe.

By embracing this Code, you can cultivate a sense of peace and acceptance, recognising that your existence is part of a larger, more meaningful journey beyond your immediate tangible experiences.



Maybe these words are familiar to you or perhaps you need to sit with the concept that your Soul is eternal and the life you are currently living is only part of your story.

Personally, this Code is my true north, the truth I return to when I am faced with fear or adversity, when I am questioned, hurt or left broken-hearted it has, to date, never failed to guide me out of the depths of despair and back toward my own Souls Ascendance.

I don't know who or where I would be without this wisdom and I hope this Code awakens a curiosity within you that drives you forward on your own spiritual journey.

YOUR SOUL HAS A CURRICULUM

Now that we understand that you are Soul having a Human Experience it's natural to wonder, "Why, would I chose to incarnate into this human experience just to suffer through adversity?"

That question brings us to the second Code which awakens us to the understanding that each individual's life journey is guided by a set of unique lessons and experiences meant to foster personal growth and spiritual development.

A Soul Curriculum implies that life is not just a series of random events, but rather a purposeful progression tailored to the needs and growth of your Soul.

Just as a curriculum in education is designed to impart knowledge and skills, your Soul Curriculum encompasses the challenges, relationships, and opportunities you will encounter, each serving as a teacher in its own right for your Souls evolution and also for the Ascension of the Collective Consciousness.

Embracing this perspective encourages a deeper understanding of life's events, prompting you to seek meaning and learn from both your triumphs and adversities.

Ultimately, recognising that your Soul is on a tailored educational journey can inspire a more mindful and intentional approach to life, guiding you toward greater fulfilment and self-awareness.

“ *Each soul carries its own curriculum, a unique journey of growth and discovery, teaching us that life is not a destination but a classroom where we learn, evolve, and transform with every experience.* ”

JOURNAL PROMPTS

Here are some journal prompts to assist you to identify your Soul Curriculum:

Reflect on Patterns and Lessons in Your Life:

1. What recurring patterns or themes have appeared in your life? Where have you felt similar emotions? What did these experiences teach you? How do you think they may relate to your Souls lessons or growth?

2. What challenges have you faced that seem to push you out of your comfort zone? What do you think your Soul is learning through these experiences? How did you grow from these?

3. Are there specific relationships that feel deeply meaningful or evolutionary? What lessons or growth have come through them?

4. What strengths or qualities have you developed through adversity? Do they feel like part of your Soul's purpose?

These prompts can help guide you toward deeper self-awareness, allowing you to see the themes, lessons, and purposes your Soul may be pursuing in this lifetime.

YOU CHOSE YOUR FAMILY & EVERY EXPERIENCE

The concept of choosing one's family and life experience is deeply rooted in various spiritual and philosophical beliefs, suggesting that before incarnating into this lifetime, Souls select the circumstances, relationships, and challenges we will encounter based on experiences required for spiritual evolution.

This Code encourages you to view your life experiences, both joyful and challenging, as opportunities for learning and spiritual growth.

You now know that you are a Soul having a Human Experience with a Soul Curriculum that you incarnated to learn and the way you learn these lessons is through your interactions with other Souls.

Relationships are arguably the hardest part of being human, both the relationship we have with ourselves and the ones we have with others.

It is said that we have a Soul Family, a collective of frequencies that enter into Soul Contracts that will play out lifetime after lifetime until the lessons are learnt and the dysfunctional chains are broken.

If you can accept that you chose your family and subsequently your experiences you needed in order to learn the lessons within your Soul Curriculum, it means that life is actually happening for you and not to you. This has the potential to launch you out of victim mindset and into a more empowered state.

life is happening FOR you, and not TO you...

This awareness can reframe the way you look at your challenges and also the people in your life that have hurt you. It is an elevator out of despair and an invitation into an ascended state of purpose, acceptance and empowerment.

"If I asked for this experience then I must have something to learn from it"

"If I trust that life is happening for me then there must be a silver lining in this heartache"

"If this person is playing out a soul contract then this experience is an invitation for healing and growth"

"If I chose my family then I'm not victim of my circumstance, I am exactly where I am meant to be"

"If this person is triggering me then there must be something unresolved within me that I need to reflect on and resolve"

"If everyone in my life is challenging me to give me the opportunity to grow then I can say yes to every experience because I called it in"

By embracing this perspective, you can make peace with every person, place and experience you have and will encounter because it is all meant to be and every opportunity is an invitation into higher learning.

This Code, invites you to approach life with curiosity, accountability and acceptance, recognising the intricate tapestry of all the connections and lessons woven throughout your existence. Without these people and experiences you wouldn't be who or where you are today and what a loss to the world that would be!

*Reflect on a time that you thought you would never get through.
Upon reflection, can you see that this experience served you in
some way?*

*Can you see how you grew through that experience?
Could it have led you to something greater?*

I hear you ask, "Why on earth, would I have consciously chosen my family, that incident or set of experiences when it was so painful!?"

Great question, you see, each family has a set of generational themes, habits, behaviours etc. that are unconsciously passed down from one generation to the next, this is called Generational Conditioning.

So if your Soul has incarnated into the lineage you are currently a part of, then it's no accident and in fact it's likely that you have chosen that exact family not in spite of but because of the Generational challenges that you were bound to inherit - how else would you experience duality and learn the lesson?

Generational conditioning is how the human species has survived, by unconsciously imprinting language, beliefs, traditions and ways of life on to the next generation. We are unconscious creatures that rely on the habitual part of our brain to survive.

Soul Ascension is the awareness that we are more than where we were born and who we were born to. It's making peace with what is because we understand that it is all by divine design.

Examples of Generational patterns of disfunction or trauma include addiction (alcoholism, smoking, drugs), mental health challenges (anxiety, depression), abuse, infidelity, poverty, abandonment, victim mentality, people pleasing just to name a few.

Examining your families Generational traits can provide great clues into your Souls Curriculum and then you can pan for the gold, dive into breaking those chains and begin taking back your power by ascending those experiences and consciously creating your future!

YOUR LIFE IS MIRRORING BACK LESSONS

You are now aware that you are a Soul having a Human Experience and that as a Soul you have a Curriculum or a set of lessons you are here to learn.

As you learn your lessons you grow your Souls knowledge or awareness and these elevated levels of consciousness raise your vibrational frequency. This in turn improves the frequency of the planet and contributes to the healing of the Collective Consciousness (Hello peace on Earth!)

This is the process of Ascension, transmuting lower vibrating energies (such as fear, guilt, jealousy, shame and resentment) into higher vibrational frequencies (such as joy, love, peace, forgiveness and enlightenment).

So your Soul essence chose to incarnate into your family in order to access a set of Generational experiences that will give you the best possible chance of learning those pre determined lessons in this lifetime. When we learn the lesson, we break the chain and not only free all future generations that will follow but also release all those that have been before us.

If you don't have the awareness we are exploring in this book, there is a chance that you could and may already, have fallen into Victim mentality not understanding that life is mirroring back to you that which you still have to learn. This may have kept you stuck in lower vibrational patterns and restricted your Ascension but thankfully your Soul has led you here to absorb these Codes as an important reminder!

Sometimes people feel sad that they didn't have access to this knowledge earlier, but fear not, everything happens in divine timing, you may not have been ready earlier so you are right on time and if you are reading this then you are likely a chain-breaker!

The concept of life mirroring back what you still have to learn is deeply rooted in the belief that our experiences serve as reflections of our inner world.

This suggests that the situations and people we encounter are not mere coincidences but are aligned with the lessons we need for personal growth.

When we face recurring challenges, it's life's way of highlighting aspects of ourselves that require attention or change.

For example, if you continually find yourself in situations where you feel undervalued, it could be a signal to work on patterns of self-esteem or assertiveness.

By viewing life's challenges as mirrors, you can approach difficulties with curiosity and openness, seeking to understand what is being taught rather than simply reacting.

This perspective encourages a proactive approach to personal development, fostering a deeper connection with oneself and a more mindful navigation through life.

Reflect on the below to identify your lessons:

What significant events or feelings do you remember from your childhood? How much have these shaped the lessons your Soul intended to learn?

Have you been in particular challenges or unique circumstances in your upbringing that seem designed to shape your character?

What thoughts, triggers or fears do you encounter repetitively or have you overcome?

What qualities in others do you struggle with? Could these reflect aspects of yourself that your Soul is wanting to explore and integrate?

WHAT YOU DON'T HEAL REPEATS

Your Power lies in Your Patterns. Now that you understand that life is mirroring back the lessons you are yet to learn and accept that the very purpose of your incarnation is to uncover these lessons by panning for gold through your unique circumstances to transmute these negative experiences and break the chains of Generational Conditioning it won't be difficult for you to accept that, just like in school, you'll have to repeat what you don't learn.

Have you ever found yourself in a new relationship feeling frustrated because circumstances similar to your last relationship start to appear?

Have you ever left a job because you didn't like the way someone was treating you only to find yourself feeling the same way in a new job?

Ever had the thought "this always happens to me"?

Guess what...these are ALL clues that you are experiencing a life lesson that you are yet to Ascend! Any time you find yourself feeling a similar way, having similar thoughts or fears it's a pretty clear indication that life is mirroring back to you an opportunity to heal and grow - every experience is about the meaning that you give it. When we consistently focus outward, point the finger, lay blame we fall into victim behaviours and are giving away our power.

The truth is, any time you are triggered it's about you. Your perception, the meaning you are giving it. Next time you notice yourself saying "he makes me feel like I'm not good enough" or "she never understands me" consider - why am I available to feel not good enough or misunderstood? Who taught me this about myself? Is this really true? How can I learn and transmute this?

Your Power lies in Your Patterns?
- Tony Robbins

If a thought or belief isn't serving you then it's time to break the chain and change it!

This Code emphasises the importance of addressing and resolving unresolved issues in your life to prevent them from recurring.

Unhealed wounds, whether emotional, psychological, or even physical, have a tendency to manifest in repetitive patterns or behaviours.

This can be seen in personal relationships, where unresolved trauma might lead to repeated cycles of dysfunction or in your career, where unaddressed fears could hinder progress and as previously mentioned, often in families where we can see patterns of hardship passed down generationally (and unconsciously).

Healing requires introspection, acceptance, and sometimes professional guidance, allowing individuals to break free from these cycles and foster growth.

By confronting and healing past wounds, you pave the path to healthier relationships, greater self-awareness, and overall wellbeing and by reading this book you are on the way towards personal transformation and freedom!

*No one can make you feel anything other
than what you are available to feel*

LEARN THE LESSON, BREAK THE CHAIN

Hopefully the Ascension pathway is starting to become clear. You have incarnated into the Human Experience to learn lessons and break chains of unhealthy patterns that exist within humanity. The people and experiences in your life assist you learn these predetermined lessons by reflecting back to you what you have to experience in order to grow.

Through this experiencing of duality you have two choices, fall victim to life, stay unconscious and repeat or awaken to the mystic Codes that I have shared in this book and get busy taking back your empowerment, learn those lessons, break the chains and finally “graduate”!

Each lesson (ie. breaking a chain of addictive behaviour, turning self-harm into self-love, overcoming a pattern of abandonment and choosing to never abandon yourself) can be thought of as a subject at school. Some of us keep failing in relationships as if it were our least favourite class.

This knowledge encourages you to reflect on your past experiences, identify any harmful patterns, and actively work towards creating positive change in your life.

By understanding and learning from past mistakes or negative behaviours, you can stop perpetuating cycles of dysfunction and negativity. This is about taking responsibility for your personal growth and making conscious choices that lead to a healthier and more fulfilling life.

Whether applied to your personal habits, family dynamics, or societal issues, breaking the chain signifies a commitment to transformation and progress, paving the way for a brighter future for not only your family lineage but also humanity as a whole.

This process of breaking the chain requires both courage and responsibility, as it involves making conscious decisions that contribute to a healthier and more fulfilling life.

Ultimately, it embodies the hope and determination needed to create a future unburdened by the shadows of the past, fostering both personal growth and collective progress.

"When you heal, you mend not only your own wounds but also the unseen scars of those who came before you and pave the path of resilience for those who will follow."

Unknown

When we heal, we heal for all that have gone before us (our ancestors) and all those that follow (future generations) so this mission is no joke!

Alternatively, if we do not take this approach (whether looked at from a spiritual lens or a therapeutic one) and create change in our life to become "better" than our ancestors, then we will unconsciously pass down generational trauma and patterns of disfunction to our children which gets passed to their children and so on.

Yes there is also such thing as generational wealth that comes in the form of not only money but also positive family traits such as a healed nervous system, emotional mastery and conscious communication skills but unfortunately these "riches" are scarce in the majority of family lines in modern times.

By learning the lessons that you came here to, breaking the chains, and healing yourself you are actually participating in the great cosmic mission imaginable, as you are also transmuting the larger collective wounding to which we are ultimately connected!

WE ARE COLLECTIVE CONSCIOUSNESS

You may have heard the saying, “we are all connected” but what does this really mean? Science tells us that the Solar System was formed some 4.6 billion years ago from a cloud of gas and dust that was enriched with the remnants of a Supernovae.

When massive stars die they explode as Supernovae and this violent process created all of the elements on the periodic table and in turn, this cosmic material created the Sun, Earth and everything on it - even us!

This literal Stardust origin underscores our connection to the Cosmos and to all life. Carl Sagan famously said “We are a way for the cosmos to know itself” - emphasising that not only are we made of stars, but we are also the Universe contemplating its own existence - take a moment to let that sink in and be amazed at your magnificence!

This awe-inspiring reality places you within the grand narrative of the cosmos, intimately connecting you to every star, planet and living being.

So now you understand the term Collective Consciousness - this Universal energy or awareness that binds humanity and the natural world.

Therefore, raising the vibrational frequency of the planet involves fostering a deeper awareness and understanding of our interconnectedness as a Collective Consciousness.

As individuals, we can contribute to this global awakening by focusing on our own Soul Ascension and practicing everything we have discussed in these pages.

By recognising that your thoughts, actions, and intentions have a ripple effect on the world around you, you can cultivate a more harmonious and sustainable existence focusing on your personal evolution as your number one priority.

As a Collective Consciousness, humanity has the power to transform the way we interact with the environment, each other, and ourselves and this is necessary for our species evolution.

Through education, enlightenment, and a commitment to personal growth, we can elevate our Collective Consciousness, creating a harmonious, peaceful and equitable world where everyone thrives in balance with nature.

We are a way for the cosmos to know itself ”
- Carl Sagan

Raising the consciousness of the planet involves a collective awakening to the interconnectedness of all living beings and the recognition of our shared responsibility to nurture and protect our world.

This is how we awaken ourselves and then the greater population to the goal of evolutionary Ascendancy.

By taking this journey and reading these words you have propelled yourself along this pathway of enlightenment, whether some of these concepts are new to you or you have previous acknowledgement, when we expand our awareness in love and broadening our perspective, we are shifting the Collective Consciousness for the better.

"The collective unconscious contains the whole spiritual heritage of mankind's evolution born anew in the brain structure of every individual."

- Carl Jung

CONCLUSION

I hope you have enjoyed your journey through these pages and that you have been open to exploring these mystic concepts.

In Summary, the Ascendancy Codes we have explored are:

1. You are a Soul having a Human Experience
2. Your Soul has a Curriculum
3. You Chose Your Family & Every Experience
4. Your Life is Mirroring Back Lessons
5. What you don't Heal Repeats
6. Learn the Lesson, Break the Chain
7. We are Collective Consciousness

So if all of this holds any truth then why is it not common knowledge? Well it's important that you remember that you came here to forget.

We wouldn't be able to truly engage in the human experience if we incarnated with all of this knowledge, Part of the journey is a process of remembering - remembering at a Soul level.

It is said that "the seal of forgetfulness" is placed on our forehead upon incarnation. Shortly after birth, we forget our past lives and our life as a Soul, and start our incarnation as if we had never been here before.

The reason for this forgetting is, somewhat paradoxically, to give us the very ability to fulfil our Soul contracts. By forgetting we can, indeed, start afresh.

Every Soul has the opportunity and invitation to Ascend and the fact that you have been drawn to this content tells me that you are an awakening Soul, a Chain Breaker, a Lightworker who is here to shift the Collective Consciousness at this important time in our existence, so what are you waiting for! It's time to reclaim your power & focus on your Ascension!

ABOUT *Jodee*



Hello! I'm Jodee Marques, The Holistic Therapist. I am a Psych-Spiritual Counsellor & Coach holistically integrating Science and Spirituality to educate and empower others to consciously claim their their passion, power & purpose to live with conscious intention.

I am the CEO of Ascension Academy, an online institution of light, shining the way for ascending Souls on their journey to conscious enlightenment.

I support Awakening Souls through my Ascension Method, a supportive pathway to transform your pain into power & break free from limiting generational conditioning, to unlock your highest potential & consciously create thriving relationships with yourself & others.

My story you ask? I was raised in love, however the relationship dynamics I witnessed in my youth were full of blame, avoidance, self-pity, violence, anger & unhealed pain. I was surrounded by a sense of helplessness, & my primary influences seemed to perceive themselves as being at the mercy of external circumstances.

At 17, I became a single mother to my first daughter & through a series of dysfunctional relationships, I slowly realised that I was unconsciously re-creating generational patterns of instability, infidelity & insecurity.

Today I have turned my pain into the fuel that powers my life, I have made peace with my past, broken chains of generational dysfunction & transformed my relationships to live a conscious, Soul led life, guiding others along their own healing journey.

I work with Awakening Souls & Chain Breakers & together we are learning, growing & healing to raise the vibrational frequency of the planet. Together we Ascend!

REFLECTION

Here are some journal prompts for exploring your Soul curriculum

Exploring Purpose and Meaning

- When have you felt the most aligned, fulfilled, or at peace? What does this tell you about your soul's natural inclinations or purpose?
- If you imagined your soul before birth, what intentions or goals might it have set for this lifetime?
- What activities, ideas, or pursuits light you up and make you lose track of time? How might these be connected to your Soul's curriculum?

Exploring Joy and Alignment

- When do you feel most connected to something greater than yourself? What does this reveal about your soul's path?
- What experiences or memories make you feel the most alive? How might your soul be directing you toward more of these moments?
- If you could do anything, without fear or limitation, what would it be? What does that say about your soul's desires?

Connection with the Greater Whole

- What role do you think your Soul plays in the larger tapestry of humanity or the universe?
- How do you feel your unique talents or gifts can contribute to the world? What lessons might you be here to teach or share?
- If your life were a story, what would the overarching theme or message be?

Reflecting on Healing and Growth

- What wounds or struggles have you healed or are working to heal? How might this healing serve your soul's evolution?
- What has your soul taught you about forgiveness, acceptance, or love through your human experiences?
- In what ways do you feel you've grown or changed over the years? How does this growth reflect your soul's curriculum?

These prompts can help guide you toward deeper self-awareness, allowing you to see the themes, lessons, and purposes your soul may be pursuing in this lifetime.



LET'S CONNECT



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