

INTERNATIONAL LIGHTWORKERS



Golden Ankh Initiation LightWorker™ Series



Channelling & Manual by Carol Ann Tessier
Layout by Jens Søeborg

Golden Ankh Initiation (LightWorker™ Series)

The Golden Ankh Initiation is yet another great work from Carol Ann Tessier, who has provided many attunements for the LightWorker system, in the Healing Information Group and in her own Unity Shamballa group. This initiation is put together with the other attunements in the

LightWorker™ Egyptian Energy Series (re-attunements and originals)

Ahara Reiki - Ahara Reiki SE (Elizabeth "Midnightwolf" Hibel) (LightWorker™ Series)

Ancient Egyptian Mantra Initiation (Carol Ann Tessier) (LightWorker™ Series)

Ankh Empowerment (Andrea Fetsko & Jens Söeborg) (LightWorker™ Series)

Fluid Gold Attunement (Andrea Fetsko & Jens Söeborg) (LightWorker™ Series)

Giza Temple Empowerment (Andrea Fetsko & Jens Söeborg) (LightWorker™ Series)

Golden Ankh Initiation (Carol Ann Tessier) (LightWorker™ Series)

Great Sphinx Initiation (Andrea Fetsko & Jens Söeborg) (LightWorker™ Series)

Isis Temple Initiation (Andrea Fetsko & Jens Söeborg) (LightWorker™ Series)

Kahokia Energy (Jens "Tehuti" Söeborg) (LightWorker™ Series)

Nekhet & Wadjet Empowerment (Andrea Fetsko & Jens Söeborg) (LightWorker™ Series)

Sakkara Energy (Jens "Tehuti" Söeborg) (LightWorker™ Series)

Seichim 1 (Andy & Jens) (LightWorker™ Series)

Seichim 2 (Andy & Jens) (LightWorker™ Series)

Seichim Teacher (Andy & Jens) (LightWorker™ Series) (LightWorker™ Series)

Seichim Energy (Jens "Tehuti" Söeborg) (LightWorker™ Series)

Sophi-El Energy (Jens "Tehuti" Söeborg) (LightWorker™ Series)

This might interest you as well

LightWorker™ Egyptian Power Place Empowerments (all originals)

Abu Simbel Temple Empowerment (A. Brocklebank & J. Söeborg) (LightWorker™ Series)

Abydos Temple Empowerment (Charmaine & Jens Söeborg) (LightWorker™ Series)

Colossi of Memnon Empowerment (Andrea Fetsko & Jens Söeborg) (LightWorker™ Series)

Dendera Temple Empowerment (Charmaine & Jens Söeborg) (LightWorker™ Series)

Edfu Temple Empowerment (Andrew Brocklebank & Jens Söeborg) (LightWorker™ Series)

Esna Temple Empowerment (Charmaine & Jens Söeborg) (LightWorker™ Series)

Giza Pyramids Empowerment (Andrew Brocklebank & Jens Söeborg) (LightWorker™ Series)

Hatshepsut Temple Empowerment (A. Brocklebank & J. Söeborg) (LightWorker™ Series)

Karnak Temple Empowerment (Andrea Fetsko & Jens Söeborg) (LightWorker™ Series)

Kings Chamber of the Great Pyramid Empowerment. (Andy & Jens) (LightWorker™ Series)

Kom Ombo Temple Empowerment (Charmaine & Jens Söeborg) (LightWorker™ Series)

Luxor Temple Empowerment (Andrea Fetsko & Jens Söeborg) (LightWorker™ Series)

Philae Temple Empowerment (Charmaine & Jens Söeborg) (LightWorker™ Series)

Saqqara Pyramids Empowerment (Andrew Brocklebank) (LightWorker™ Series)

Sphinx of Giza Empowerment (Andrew Brocklebank & Jens Söeborg) (LightWorker™ Series)

Or maybe this

LightWorker™ Essene Attunements (all originals and free of charge)

Tree of Life Attunement (Carol Ann Tessier & Jens Söeborg) (LightWorker™ Series)

Earthly Mother Attunement (Carol Ann Tessier & Jens Söeborg) (LightWorker™ Series)

Angel of the Sun Attunement (Carol Ann Tessier & Jens Söeborg) (LightWorker™ Series)

Angel of Earth Attunement (Carol Ann Tessier & Jens Söeborg) (LightWorker™ Series)

Angel of Water Attunement (Carol Ann Tessier & Jens Söeborg) (LightWorker™ Series)

Angel of Air Attunement (Carol Ann Tessier & Jens Söeborg) (LightWorker™ Series)

Angel of Life Attunement (Carol Ann Tessier & Jens Söeborg) (LightWorker™ Series)

Angel of Joy Attunement (Carol Ann Tessier & Jens Söeborg) (LightWorker™ Series)

Heavenly Father Attunement (Carol Ann Tessier & Jens Søeborg) (LightWorker™ Series)
Angel of Power Attunement (Carol Ann Tessier & Jens Søeborg) (LightWorker™ Series)
Angel of Love Attunement (Carol Ann Tessier & Jens Søeborg) (LightWorker™ Series)
Angel of Wisdom Attunement (Carol Ann Tessier & Jens Søeborg) (LightWorker™ Series)
Angel of Eternal Life Attunement (Carol Ann Tessier & Jens Søeborg) (LightWorker™ Series)
Angel of Creative Work Attunement (Carol Ann Tessier & Jens Søeborg) (LightWorker™ Series)
Angel of Peace Attunement (Carol Ann Tessier & Jens Søeborg) (LightWorker™ Series)
Sevenfold Peace Attunement (Carol Ann Tessier & Jens Søeborg) (LightWorker™ Series)

The Golden Ankh Initiation - Introductory Level

This initiation empowers you to do the Golden Ankh Meditation, a meditation that is one of the standard practices in both components of the Khu School, namely the Mysteries of Isis sequence and the Mysteries of Osiris sequence. This meditation was one of the most popular in the ancient Egyptian teachings, appearing in most of the schools. Each lesson of the Khu sequence contains an initiation which makes the Golden Ankh Meditation even more powerful.

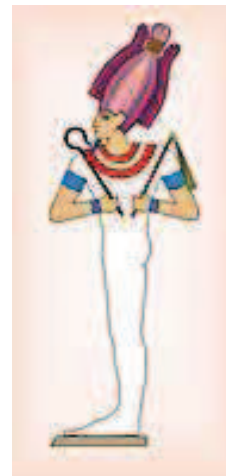
This initiation empowers you to do the meditation described below. The initiation gives you the ability to empower others to do the meditation. Anyone who wishes to receive the initiation should call upon Isis and Osiris, and then ask their higher self to give it to them.

Please note that it is the shakti, or spiritual energy, conveyed by the initiation which gives this meditation its transformative power; without the shakti the meditation is simply another visualization and lacks the power given to it by the shakti.

Step One - Receive the Initiation:

While there are no required rituals or symbols, three steps are recommended to help you focus your intention:

1.
Go into your quiet inner space.
2.
Call upon Isis and Osiris.



Aset (Isis) - 𓆎𓅓𓏏𓏏

Wesir (Osiris) - 𓆎𓅓𓏏𓏏

3.
Verify that both your heart and your mind are willing to receive what you are about to ask for.
4.
Make a specific request such as "I request (Isis, Osiris and) my Higher self to receive the Golden Ankh Initiation now (from ...)."

Step two - The Meditation:

After receiving the initiation, to do the meditation, visualize a golden-colored ankh roughly 1-3 feet in front of the chakra located at the level of the middle of the forehead (commonly referred to as "the brow chakra"). An example of the ankh symbol is shown here, however the exact shade of color, size, orientation, etc. are not critical.



It is even okay for the visualization to be a little vague or for your connection to the ankh to be primarily kinaesthetic. However there does need to be some degree of visualization because the activation process for the attunement involves the visual center of the brain. Visualizing the ankh brings in energies that have the following effects:

(a) They are profoundly clearing for the etheric, emotional and mental bodies. The etheric body interpenetrates and vitalizes the physical body.

(b) They facilitate your realizing - physically, emotionally, and mentally - that you are embodiment of God.

When your attention wanders from the ankh, gently bring it back. As much as possible have the ankh be the sole focus of your attention, but do this by directing your attention to the ankh not by trying to drive out other thoughts.

If the ankh changes to another form it is okay to meditate on that form as long as both of the following conditions hold

1. It changes form all by itself and
2. it "wants" to keep the other form. Whenever you feel you have the choice to go back to the ankh, you should do so.

Because this meditation energizes the middle-of-the-forehead chakra, you may at times find yourself visualizing the ankh inside your head rather than in front of you. However, to get the most from this meditation, you should definitely visualize the ankh in front of you.

It is recommended that you do this meditation at least once per week and preferably at least 2 - 3 times per week. Do this meditation at least 15 - 20 minutes per time. Most people reach a point of diminishing returns after about 45 minutes; however it is safe to do the meditation for as long as you want because the energies that the meditation brings in will temporarily shut off if you start to overcharge yourself.

