

What readers, just like you, are saying about

The Ascension Papers

"With each chapter I read there is a weight lifting. I feel less nervous, less fearful. I am astounded that I actually feel my perspective expanding and opening right up. I feel my attachments to particular ideologies falling away. I just feel open and excited to continue on my journey." - Niki

"Every word and explanation from 8 is like the truth of life 101 being told to me. The answers I have been without for 42 years. A relief and such excitement to hear them. Such a warmth in my heart and knowing. Thank you both!!" - Jilly

"Thank you, for bringing Spirit into our hearts, when we most needed it." - Gertrud

"Wow, that was epic. So well worth the read. Resonates very highly with me. Thank you Zingdad." - Syme

"Zingdad, I want to thank you profusely for everything you are doing here. There are not many places out there where these topics are discussed freely, and I feel like applauding J-D and 8 for putting all of it so eloquently." - M. Powers

"As always, your understanding resonates with and mirrors my own. Your eloquence in putting it into words, however, exquisite heart-song!" - Mathew

"I feel warmth and joy reading this, the feeling spreads from my heart and into every little particle in my body, what a great feeling" - Ann

"My mind has been so irreversibly opened by these writings. I am so thankful for the wider perspective. "If you can't see the perfection you are standing to close to the picture." Plays in my mind every time I see or hear anything that displeases

me or leads me to habitually label someone or something as evil. This is really powerful". - Oneness411

"When I read **The Ascension Papers** for the first time, my heart and soul said yes, yes ,yes... " -wolfke74

"What amazing material. Rings so true for me." - macelderry

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The Ascension Papers

Book 1
(3rd Edition)

by
Zingdad

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To Lisa

Who was so much a part of the creation of this book that she
is my co-author in all but name.

I could not have asked for a better journey-mate...
Nor a better journey!

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About The Ascension Papers

A note from the author

"Imagine if you could re-create the world any way you wanted and invite your soul-family to co-create it with you. This is what I am doing. And The Ascension Papers is my invitation... but only you will know if this invitation is for you or not..."

Dear Reader

When I first sat down to write this work I had no idea whatsoever that the end result would be a book. The sum total of my writings up to that point had been a number of short channellings posted on various Internet forums. I had no inclination towards ever being an author at all. Then, in May of 2008, after having a life-changing spiritual experience (as detailed in Chapter 7), I decided I that needed to make sense of my self, my life, my pain and my confusion in a more ordered fashion. So I sat down to record some conversations with my spirit-family. That was really meant to be for my own purposes and, perhaps, also to be shared on those same Internet forums. But, what followed, vastly surpassed those ambitions!

I brought an open heart and mind, an insatiable curiosity and teachability to the table. What I was given in return was the most amazing journey into consciousness imaginable. Chapter followed chapter, each one building upon what had gone before, gradually constructing an unbelievably detailed, coherent picture of the way life works and why things are the

way they are. But, more than bringing simple understanding, the truths uncovered brought me profound peace, joy and release from the fear and pain that had gnawed at my soul for my entire life. Fear was alchemically transmuted into Love. A victim-mindset was transformed into creator-consciousness. As a result of the writing of this work, I came to understand myself and the world I live in, in a whole new way. A way which liberates me to be the very best that I can be. A way that allows me to awaken to the magnificence that lies within. Writing this book has sparked the most profound growth and transformation in my being. At the time of writing it was, quite simply, the best, most important, thing that I had ever done. And it has been the foundation upon which I have continued to create myself and from which I have continued to give my gifts.

And, yet, for all that, I also managed to get something quite fundamentally wrong in the telling of this life-changing tale. And the awareness of this error has been a burden on my heart for almost two years now. On the one hand I still loved this work and felt inordinately proud of it - and the impact it was reportedly having on countless readers the world over. But on the other hand I had a heaviness in my heart over a particular flaw in the core of the book. And then, finally, in June of 2014, after a sequence of remarkable events, I was gifted the wisdom and insight to see how to correct the error. With this new understanding, the book would not simply be corrected... it would actually function at a whole higher frequency of consciousness. And this transformation will be made clear to you as you read this, the 3rd edition of *The Ascension Papers*, as I have not sought to hide or obfuscate my earlier error. I have woven it back into the re-telling in an honest and transparent fashion.

And now I feel the profoundest joy in reissuing this book. My heart and soul sing with a sense that now, at last, I have *really got it right*.

And in this process of re-writing I also came to understand that I really needed to make this material available for free. Exactly how I reached that realisation is also explained in this work. But the bottom line is that this e-book version is absolutely free of charge and you are not just permitted, but actually *encouraged*, to share it. If you find it useful and enjoyable, go ahead and send it on to everyone you know! Share it in any way you like (see the licence notes for specifics and details). And if you wish to say “thank you” or to support my work, then you may buy the paperback version or visit my website to peruse my other offerings (see the Closing Thoughts at the end of the book for more details).

What a wondrous journey it has been for me to write this book. And what a delight to be able to share it with all my readers, website members, friends and brothers- and sisters-in-spirit all over the world... to be able to share it with *you*.

What you can expect to gain from reading *The Ascension Papers* depends entirely upon you. This is not a work that demands of you that you should believe what is espoused and it certainly does not promise to rescue you from your life. But it is my firm conviction that the content of this book can help you, if you are willing to take the journey, to discover your own magnificence...to discover that you are perfect as you are... that you are, and always have been, the creator of your own reality... that you are a being of pure, radiant love.

This book is the record of my journey to self-discovery, but the overwhelming response that I have received to date from readers indicates that it has, and can be, an invaluable guide

for you on **your** journey to self-discovery too. And so it is with the greatest love and joy that I share it with you.

Some of the topics covered in this book include:

Why are we actually here? Why did we incarnate as humans and what is the meaning of this crazy life here on planet Earth?

What can we know of our Creator? Are we all truly one with God? And if we are, what does that really mean for us?

What is the nature of the "Higher-Self" and what is our relationship with our "Higher-Selves"?

What is a "Spirit-Guide"?

What is truth really? And what, if anything, is unarguably, irreducibly true?

What is love really? And what about other emotions, such as joy? What are they and why do we feel them?

If the Creator, God, is good and loving, then why does evil exist? And why is there fear and pain?

And why is the world in the state it is in and how did it come to be like this?

Are there shadowy figures running the world from behind the scenes - and what does that mean to me in my life?

What about 2012 and the apocalypse and the Mayan calendar and all that? Why did nothing seem to change in 2012, despite all the hype surrounding that time?

What about religion... prophets, saviours, angels, demons, devils, heaven and hell? What of this is true and what does it mean for you and I?

And does science have anything of value to say to us as beings that are on a spiritual path?

Can we find our way to feeling truly at one with ourselves: whole, healed, peaceful and joyful?

And is it true that we are, each of us, creating our reality? And if it is, why are we making such a mess of things? And, more importantly, how can we begin to get it right now?

...and this is just a smattering of the many interesting topics that will be addressed in, I'm sure you will agree, quite a refreshing new way. But all of the many and varied topics will ultimately serve one grand purpose. And that is to set before you an invitation *to step into the power of your divine, limitless self!* To move into right relationship with all that you truly are, and therefore into right relationship with all of life.

I, as the incarnated aspect of a much greater being, have the wonderful privilege of bringing this invitation to you here, in this life, on planet Earth. If you accept the invitation, then you will be able to join me and a host of other beings as we begin to co-create the most wondrous future reality imaginable... a whole new life in a whole new world in a grand, golden age!

But I won't go into the details of that now. It will all unfold as you read this work.

I **do not** insist that you must agree with me, believe what I say or subjugate your truth to mine. That is the opposite of what I want. I simply invite you to read what I have written with your own discernment and truth firmly in place. If you find resonance with what is presented, then your heart is telling you that the ideas presented here are "right for you".

You will notice that this work is presented in the form of a series of conversations between myself and a variety of spirit beings. You might wonder how I come to be able to create these dialogues with beings that are not, in the normal sense of the word, present on this Earth. In essence, the answer is that I have spent many years and a great deal of dedicated effort in teaching myself how to do this. I will, in due course, as a part of a follow-up work, explain exactly how I do what I do and offer some thoughts as to how you too may develop such a facility should you so desire. I don't like to call what I do "channelling". I do not give over my faculties to another being to speak through me. I prefer to call it "intuitive conversation". I simply ask the questions and then allow the truth in my heart to provide me with an answer. And then I type what I receive. But it is not really important **how** I derive these words. I do not want to claim any authority for these words as a result of the fact that they ostensibly come from some great beings from the higher-dimensional far-beyond. I would very much hope that you will decide for yourself to what degree these words are true for you based upon your own resonance with the words themselves.

Finally, you might notice that the earlier chapters of this book are less fluid and possibly more naïve than the later chapters. In updating this work I considered revising the first chapters to bring them up to the standard of the later chapters. I decided against this course, however, as this is how the book unfolded for me and for those who were reading it, chapter-by-chapter on my website, when I was writing it. This is the progression of my own soul as a result of being exposed to the ideas presented herein. Certainly the latter chapters are my best, but equally they were only possible as a result of the groundwork laid in the early chapters. So I let it stand as is.

And now, without further ado, I present to you my offering of love to the world, a gift which I freely give to you, with a joyful and open heart. Here is: ***The Ascension Papers***, by Zingdad.

With so much love,



Arn "Zingdad" Allingham
Knysna, South Africa
15 July 2014

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1. An Introduction to Zingdad

My dear reader,

Perhaps you will find it overly self-indulgent of me that I begin this work with a whole chapter dedicated to introducing myself to you. And, when you begin to read this chapter, perhaps you will find it a little strange that I relate my “past life” stories to you.

In your position I might very well be wondering, “*Where is this all leading?*” And so I find myself begging your patience, even as you first begin this journey with me. There is a very good reason that I **must** begin this work with this introduction, why I **must** tell you of my experiences in re-incarnation. You see, these stories, **my stories**, are not simply the means by which I have been able to experience and discover all that I have needed in order to be able to be the scribe of this work; they also form the examples that I have to offer you in support and explanation of the truths and insights offered in later chapters.

So bear with me, dear reader, as I tell you of the genesis of my soul, of the lifetimes that I have lived and (briefly) of what this has meant to me. And I very much do believe that you will feel amply rewarded as you delve into the following chapters and find yourself armed with the means for deeper comprehension.

I have spent a lot of energy in this lifetime in trying to find true inner-peace, self-love and self-trust. Early on, I realised

that I would struggle to heal my inner-pain if I did not know what had caused it in the first place. So, an important part of my journey has included a deep foray into that which occurred prior to this life and the discovery, for myself, of who I **really** am. I derived this information from conversations, such as those that will follow in this book, through meditation, hypnosis, auto-hypnosis and also from a couple of conversations with my lady-love's "Higher-Self" whilst she was in a trance state. I furthermore experienced an intensive series of amazingly healing hypnotic regressions with a gifted hypnotherapist. And while my story is subject to change as I continue to discover more about myself, below is a brief introduction to who I am.

Origins

I will start my story with a council meeting of the group of Light-Beings who created this reality. They were discussing how this reality that we inhabit would be brought to a close so that a new reality could take its place. A bit like one game coming to an end so that another can be played. The way these games are played is that each Light-Being is responsible for a particular role in each game. The current game in question, our whole reality, is quite an interesting one. It is a game where some of these Bright Ones had created many manifestations (also called incarnations) that had been able to experience "individuality". In order to make this game work, something pretty radical had to be achieved. The aspects of the Bright Ones that were to play inside the game had to actually forget that they are all ONE; they had to forget their own eternal, immortal nature. Nowhere in All That Is had such a thing been done before.

In order to give the game direction, the concept of "polarity" had been set into place. In the absence of the knowledge of

their own divine purpose, players needed something else to give them a spur to growth and progression. Previous games had floundered as a result of insufficient impetus. And so it was decided that there would be two main "camps", which would result in rivalry, competition and conflict. The two camps were defined by whom the players would serve. On the one side would be those that serve themselves, and on the other side would be those that serve others. And so the game is being played out with fragments of the Bright Ones having incarnations in the system through which they have been experiencing the ecstasies and the miseries of life in this place. In so doing, they have been discovering who they really are from a position of absolute forgetfulness. It is a marvellous, amazing, grand experiment in consciousness and the rewards are truly phenomenal. But now, as the time approaches to bring the game to a close, the Council gathers to see what must be done. It is perceived that there will be some considerable difficulty in ending the game successfully without causing harm and trauma to the players; those aspects of the Bright Ones that are deeply engaged in the game as incarnated souls.

Can you see the problem?

In order for the game to work, all the players had to forget that they were just players and engage very deeply with the game, **as if it were utterly real and true**. As they played the game of separation they would come to feel powerful emotions, such as hatred and anger towards some and kindness and need towards others and this would compel them to bury themselves very deeply in the game. And so it was that players would find themselves unable to even **begin** to conceive of it that the game was not completely real and completely serious. Which was fine, for so long as the game was to continue, but a problem occurred when the Bright

Ones wanted to end the game. Beings as totally engrossed in the game as the players are will not simply stop playing and return to full remembrance when it is time to stop! And their free will cannot simply be breached and the game forcibly ended, as this would cause the players profound trauma and teach them that they are **not** the creators of their own reality. This would undo the whole point of the game, which is growth and learning; particularly learning about creation.

So, ending the game would have to be done carefully and with some delicacy. The only way to do it would be bring to the game a great transformational turning point in which each and every manifestation could, themselves, begin to awaken to the fact that they are immortal beings of light simply experiencing an illusory, transient reality. Only then would they have the wisdom and power to choose to leave the game voluntarily. And so it was decided that each player would be awakened at an appointed time. Each of the Light-Beings then put their plans in place to bring the game to a successful close.

It is not mine to know what all of the Light-Beings decided. I know only a little of what one of those Light-Beings did. And now I will draw your attention to this one particular Light-Being. Though names are of no use to such beings, they are of some use to us, so we shall call this being Joy-Divine or J-D for short. J-D was invited to come and play this game, specifically to assist with the great transformation that would eventually enable the ending of that game. In order to do what he came to do, J-D saw that he would need to re-order the whole game just a little by bringing his own energy to play in the system. For these beings, you see, there is no such thing as time. There is consequently no problem in redoing the game from the beginning in order to end it differently. And you can keep re-doing until you achieve the

desired outcome and then **that** is the version of events deemed “most valid”. So J-D came to hold one of the roles in the game. But J-D did not create the endlessly recursive self-fragmentations that many of the other Bright Ones did. This was not originally his game, you see, and so he did not seek to populate it with many billions or even trillions of aspects of himself as some of the others did. But he **did** seek to understand the game in great depth. And it is really so that the deepest, hermeneutic understanding of a thing can only come from experiencing it yourself. J-D knew that he needed this kind of understanding in order to offer the assistance that was required of him. And so it was that he decided to introduce a manifestation of Self into the game. From within his own being he created a being which may be called “Delight”. Delight would be that which carried the light of Joy-Divine into the densest depths of the game. Delight would in fact be the incarnating portion of Joy-Divine...

And that, perhaps it will not surprise you to discover, is **my** own Higher Self.

A Beginning...

In the very earliest memory of my individual existence that I have been able to find, I was slowly, dreamily, driftingly becoming conscious of “selfness”. I was being lovingly cradled within the very being of Joy-Divine. I knew only oneness and belonging. Infinite love was my sustenance. The deepest bliss was my every experience. Slowly, my consciousness arose from this slumbering joy and I began to formulate my first thoughts. As I became aware of my own beingness I conceived the thought, “*Here am I.*” And then the question, “*What am I?*”

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