

# The Handbook for Spiritual Ascension

## By the unction Of the Holy Spirit

### “The Heart of God”

By Paul Esch

#### Forward

A few weeks ago an honored guest arrived at my home in Warrenton, Virginia. I hadn't seen Paul Esch for some time although we had been doing business for almost thirty years. Paul and I are engaged in the business of healing the sick. We are currently working on “Good Vibrations”. God is Good and the vibrations we use are a gift from God. We have happy music for the cells. When you look good you feel good and when you feel good you get happy. Happy ‘n’ Healthy is Wealthy! When you realize that sound is light, this is the reason fiber optics work so well, you understand that we are light beings. Matter is compressed light. Sound is compressed light. Frequencies are sound which are compressed light also. We have been diligently working toward our goal of delivering these new products by the first of the year so Paul is a guest in my home. One evening he left a manuscript of the following premise on the dining room table. When I got up the next morning I picked up the manuscript thinking he wanted me to look it over. I couldn't put it down. It captured my attention completely. It was absolutely amazing! It was so good that I had my children ages seven and nine listen to me read it to them before bed. When Paul came out of his room that morning I asked him about his thesis. He was surprised and asked me if I had read it. How could I not read it? I said, “Yes it's fantastic. What are you going to do with it?” He had no plan, but his dream was to publish it! I have four books published, so I insisted he make it available to everyone immediately. I was willing to help. Paul first conceived these thoughts in 1966 at age sixteen while living in Pennsylvania. It has been written and rewritten many times over the years and has already blessed hundreds of people. We edited six pages of notes into what you are going to be reading now. Share this with your loved ones and create a circle of likeminded people to encourage one another. Become at one with the God of Abraham, the God of Isaac and the God of Jacob!

**The Handbook for Ascension  
By the unction of the Holy Spirit.**

*“The Heart of God”*

We pray that this will be your year of blessings as you become at one with “I AM” the God of Abraham, the God of Isaac and the God of Jacob.

Let’s get started:

**Step #1:** Take a blank sheet of paper and print your name in the center of it. Above your name print the words "I AM that I AM". Now draw a large heart around the "I AM that I AM" and your name.

This is the fulfillment of Jesus prayer: “That they all may be one; as thou Father art in me, and I in thee, that they also may be one in us: that the world may believe that thou sent me. And the glory which thou gavest me I have given them; that they may be one, even as we are one: I in them, and thou in me, that they may be perfect in one; and the world may know that thou has sent me, and hast loved them, as thou hast loved me”.

John 17: 21-23

Do you recall the story of Moses on the mountain? He was talking to the burning bush. During his conversation he was questioning God. God answered and said, “I am the God of thy fathers, the God of Abraham, the God of Isaac and the God of Jacob.”

Exodus 3:6

**“And Moses said unto God, “Behold, when I come unto the children of Israel, and shall say unto them, the God of your fathers hath sent me unto you; and they shall say unto me, ‘What is His name?’ What shall I say unto them? And God said unto Moses, ‘I AM that I AM’: and He said, ‘Thus shalt thou say unto the children of Israel, “I AM” hath sent me unto you’. And God said moreover unto Moses, ‘The Lord of your fathers, the God of Abraham, the God of Isaac, and the God of Jacob, hath sent me unto you: this is my name forever, and is a memorial unto all generations”.**

Exodus 3: 13-15

Understand that “I AM that I AM” is the God of Abraham, the God of Isaac and the God of Jacob. He said, “Thou shalt have be no other Gods before me”.

Exodus 20: 3

God by any other name is not the God of our fathers.

“Come now, and let us reason together, saith the Lord: though your sins be as scarlet, they shall be as white as snow; though they be like crimson, they shall be as wool.”

Jesus said, "Believest thou not that I am in the Father, and the Father in me? The words that I speak unto you I speak not of myself: but the Father that dwelleth in me, He doeth the works". Jesus not only spoke the words of the Father, he spoke the Father's name in many of his conversations.

John 14: 10

God wants to be at one with us, He wants an open dialog with us. He said, “Let us reason together...”

Jesus said, “But when you pray, go into your closet, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you”.

**Matthew 6: 6**

We ask Jesus to intercede for us. “It is Christ that died, yea rather, that is risen again, who is even at the right hand of God, who also maketh intercession for us”.

Romans 8: 34

"I am the Way, I am the Truth, I am the Life, and I am the Light of the World, always giving recognition to the great "I AM", the Father within him.

**NOW!** The heart that you have drawn with the "I AM that I AM" and your name inside, is indicating that you are **NOW** at one with the great "I AM that I AM".

Before Jesus went to the cross he asked the Father, “I AM that I AM” to send the Comforter, the Holy Ghost (Holy Spirit). The Holy Spirit is here with us today to guide and empower us. Ask God to amerce you in the “Baptism of the Holy Spirit” and in His Power. He will communicate with you as often as you allow Him to.

“But the Comforter, which is the Holy Ghost, whom the Father will send in my name, He shall teach you all things, and bring all things to your remembrance, whatsoever I have said unto you.”

John 14:26

“But ye shall receive Power after that the Holy Ghost has come upon you: and ye shall be witnesses unto me both in Jerusalem, and all Judaea, and in Samaria, and unto the uttermost part of the earth”.

Acts 1: 8

We pray to the Father through the Son, Jesus Christ, by the power of the Comforter, the Holy Spirit.

There is no confusion in God. Religion has purposefully created confusion so that their “church” or “religion” can have control over their congregation. The answers to life are hidden in the Word of God. They are hidden until you belong to Him.

Open your Bible and ask the Holy Spirit to help you understand what you are reading. It was, after all, the Holy Spirit who gave the words in the Bible to men to write. Who could better teach you than the author of the book?

“Be not deceived, God is not mocked: for whatsoever a man soweth, that shall be reap also”.

Galatians 6: 7

Everything we do has a consequence. There are good consequences which we call rewards. There are bad consequences that we call punishment. At every moment of every day we must decide what we are going to do.

We each have the ability to make choices. Chose God and He will make you a New Creation. You will get a new beginning. Pray the prayer in Step #2 and get that New Beginning.

**Step #2:** Somewhere within the “I AM that I AM” Heart mark a small dot, (perhaps just above your printed name) indicating a point of contact.

With your fingertip, pen or pencil, touch the top of the dot and while holding the point there. Ask the Holy Spirit to hold, hold, hold your focus, your attention upon the great "I AM that I AM" without wavering.

Jesus said, "Believest thou not that I am in the Father and the Father in me? The words that I speak unto you I speak not of myself: but the Father that dwelleth in me, He doeth the works."

John 14: 10

Note: If you find your attention wandering, then say something like this, "I withdraw my attention from all persons, places, conditions, activities and all outside appearances. I give my full attention, my thoughts, and my energy back to the great "I AM that I AM" in the Name of Jesus Christ, my ascended, risen Savior.

If you have not given God control of your life, pray this simple prayer with us,

“Dear Heavenly Father, the God of Abraham, the God of Isaac and the God of Jacob, I give control of my life to you through the sacrifice of your Son, Jesus Christ on the cross. I want you to direct my paths from this moment forward by the power of your Holy Spirit. I ask you to baptize me in the Holy Spirit and in His power right now. Thank you Heavenly Father in Jesus name and for His sake, Amen.”

If you find your attention wandering again, do your best to train yourself to be aware of your breathing, knowing that your breath is the breath of Life, the breath of God. As you focus on your breathing with awareness, silently say to yourself the following statements of Jesus, especially, “Jesus in me is the resurrection and the life”.

Some statements you might use are:

I  
I AM  
I AM the life  
I AM the way...  
I AM the truth...  
I AM one with the Father  
I AM the light of the world  
I AM the resurrection and the life  
I AM the pure love of God at all times  
I AM the Christ of God here on the earth plane  
I AM the ascension in the light now made manifest  
I AM the ascended servant that I am created me to be  
I AM the open door into the light of God who never fails

**Step #3:** Contemplate and meditate upon the "I AM that I AM" as though you are sitting in the sunlight and just basking in the warmth of the sun's warmth. Imagine a golden glow surrounding you. You're not thinking in the future or the past.

You are aware of the present in the very presence of God the Father Himself. He is sitting on His Throne. You are sitting at His feet. Jesus is sitting at His right hand. He interceding for you. The Holy Spirit is inside of you. He is assisting you. The Holy Spirit is your guide.

Note: There is a promise. If your eye is single to the glories of God the presence of the love of Jesus Christ is in you, and then your whole body shall be filled with light and overflowing with the Healing Power of God.

“The light of the body is the eye: if therefore thine eye be single, thy whole body shall be full of light”. Matthew 6: 22

The promise is, if you hold your attention long enough without wavering on the "I AM Presence of Christ within," the healing energies (GOD Substance) will rush in, to fulfill your slightest wish. But what happens so often is that persons, places, conditions, activities and outside appearances have such a magnetic pull on our attention, that very little thought energy goes to the great "I AM that I AM". Our thoughts should be on Him day and night.

The longer you can hold your attention the greater the result. Just ask the Holy Spirit to help you to hold your attention upon the highest light (the glories of God) long enough to get the greater result you're looking for.

**Step #4:** If your attention is too often pulled to persons, places and conditions (some physical problem or any other problem), on the outside of your Heart Drawing, name the problem and draw a circle around it. Draw a line from the Heart to the circle you have just drawn with the problem stated within it.

Half way between the Heart and the circle make a small contact point (a small dot). Put your fingertip or your pen or pencil on top of that contact point and ask Jesus to intercede between you and the problem. Ask God to clear all blockages and all interferences and bring forth resolution Right Now. At this point, I suggest you to read the following prayer while holding your fingertip, pen or pencil on the contact point:

“Dear Jesus, Son of the Most High God, please locate the origin of this (name the illness, problem and/or negative feeling) \_\_\_\_\_.

Take each and every level, layer, area, dimension, time frame and aspect of my being to the root cause, to the origin of this problem. I ask you to analyze it, and to expose it completely, with your Truth, Oh God. Come forward through all generations of time and eternity, healing every incident based upon the root cause, the origin, until I am filled with your light and truth, with your peace and love, I thank you for your mercy, and grace. I do forgive myself for my incorrect perceptions. I forgive every person who contributed to this negative condition. With total forgiveness and unconditional love I release the old and let it go NOW! permanently, for I now allow every physical, mental, emotional and spiritual problem and inappropriate behavior based upon the old feelings recorded in my DNA, to speedily, and quickly disappear. For I now prophesy over this condition that this difficult situation will cause me to arise into my greater GOOD into my Greater Blessing into my Greater Mastery through the power of the Holy Spirit, and the love of Jesus Christ... So be it. Amen and Amen”

Now replace the old negative feelings with appropriate positive feelings and words. Example: I feel " I AM" moving forward and upward into my greater health, wealth and greater good. Thank you God. YES!

Wealth is having more than enough. We are not thinking of wealth as financial riches. Wealth is having enough with some extra to share with others. To be a lender and not a borrower. To be the head and not the tail.

Do your best to feel and know that you are moving forward and upward into your greater health, wealth and greater good. Ask the Holy Spirit to help you understand His feelings of success, achievement and accomplishment and to feel His feeling too.

**Step #5:** Hold your contact point for as long as it takes and repeat the prayer often, until you feel an energy shift or sense some kind of a change of feeling in your body. Even a sense of great peace, the peace Jesus promised. “My Peace I give unto you”.

John 14: 27

As explained in Proverbs 8: 32-34

"Now therefore hearken unto me, O ye children: for blessed are they that keep my ways. Hear instruction, and be wise, and refuse it not. Blessed is the man that heareth me, watching daily at my gates, *waiting* at the posts of my doors. For whoso findeth me findeth life, and shall obtain favour of the Lord."

Proverbs 8: 32-34

"They that wait upon the Lord will renew their strength."

Isaiah 40: 31

This is why it is so important to hold the contact point long enough for God to “Renew” your strength and answer your request. Waiting on Him is respecting Him. He is the finisher of the work. God answers our prayers in His perfect time. He is the all-knowing God of our fathers.

Here is an example:

My son came to me and said, “Dad, I need to have my car fixed, I need \$3000.” I said, “ OK.” I printed my name in the center of the paper with the "I AM that I AM" and Hearted it.

I said to myself that there is a connection between my son and myself, so I printed my son’s name on the right side of the “I AM that I AM” heart. I circled my son’s name, and then drew a line from the heart to the circle with a contact point.

I asked Jesus to intercede between my son and myself. If there are any interferences or blockages, to clear them. Thank you, God. I held the contact point for less than one minute, for there seemed to be no blockages.

I put his car above his name and circled it, drawing a line between my son and his car with a contact point and asked Jesus to deal with my son and his car. I also wrote down \$3,000 on the right side of my son's name and asked Jesus to intercede in this problem for my son and \$3,000 to clear all interferences and blockages.



I held the contact point for about 15 minutes, declaring that God is the source of all money, for the Mighty “I AM that I AM” Presence is the Money I AM Presence in the behalf of my son. After 15 minutes I found a sense of peace in my spirit and in my emotions and totally surrendered it to God.

Within three weeks my son's car was fixed. God worked out the details. That’s God’s job, to work out the details.

Note: Jesus said, “For where two or three are gathered together in my name, there am I in the midst of them.”

**Matthew 18: 20**

When two or more people work the Heart and circles together for the same result, it is so much more powerful. The focus is easier to hold, for when two come together, it creates a third person, Jesus, who is much more powerful than the two.

The only absolute law in the universe is that thoughts are creative or destructive and since thought creates words, thought is a powerful force. We as thinkers are creators. This means our life experience is the sum total of all our thoughts and experiences up to and including this very moment.

Thoughts are not always ours. Thoughts come from three sources, God, Satan or Self. When we receive a thought we have two choices, accept it and act on it or we can reject the thought. Both are a choice. It is not the thought that hurts us; it is how we react to the thought that determines our reward.

“Flee youthful lusts: but follow righteousness, faith, charity, peace, with them that call on the Lord out of a pure heart”.

2 Timothy 2: 22

How we look, how we feel, the people we are with, the money we have, our health, our happiness or misery are all a reflection of our thoughts. Few people think, most only have thoughts. Become a Thinker!

“Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.”

Philippians 4: 8

Interpret the love of God and become that love personified. Interpret the beauty of God’s fabulous creations in your own life and become the personification of exquisite charm and beauty. Interpret the breathtaking glory of that celestial song of creation, of praise, of love and

of gratitude.

Become the creative power of the all-glorious, radiant, and filled with light perfection you were designed to become.

Let our minds become single with the glory of God, to the splendor of God's perfection, to the breathtaking beauty of God's creation, to the love of God's sharing, to the gratitude of God's blessings, to the joy of God's existence.

Think in line with God's word. Hold your thoughts high. Keep your vision exalted, and rejoice evermore. Give God the control of your life and allow the Holy Spirit to direct your paths. He will always lead you to your highest and best purpose.

Jesus said, "Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light".

**Matthew 11: 28-30**

A yoke was built to use the principle of leverage that allowed the stronger beast of burden to shoulder the heaviest amount of pressure, pulling the load. The weaker animals were closest to the tongue of the wagon. The stronger animals had leverage used against them to balance the load. Jesus carries the heaviest pressure of the load we are bearing in life.

An example of emotional healing:

A schoolteacher came to me and asked me to pray for her/ She was having conflict with another schoolteacher. I said, "OK. I will see what I can do".

I put her name in the center of the paper with the "I AM that I AM" and Hearted them. I put the other schoolteacher on the upper right side of the heart and circled her drawing a line from the circle to the heart with a contact point and I asked Jesus to intercede between the two teachers. To clear all interferences, all blockages and to bring resolution between these two women.

I held the contact point for about 45 minutes, because I felt stressed in my mind. I had choked up feelings in my throat and tied up knots in my stomach. I told myself that I would hold this contact point until I felt peace in my spirit. After 45 minutes I felt at peace and again, joy in my spirit.

The very next day the schoolteacher came to me and said, "Man, what did you do? There was such a dynamic healing that took place between me and the other schoolteacher. I could not

have come up with a better plan. It unfolded so beautifully”.

So I shared with her, what I did on paper and she said, “that looks like a written prayer.” I said, “Yes, it is. And the circles work, when you take the time to work them, especially holding the contact point long enough for God to do something.”

“But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary, they shall walk, and not faint”.

Isaiah 40: 31

Another example for outer results:

Again my name on the center of the paper with the "I AM that I AM" Hearted, and many outer circles around the heart describing a fantastic translator on my tour through Europe. People would appreciate her and love her and she would always drive safely, organizing with grace and ease and a lot of nice statements.

All the nice Things that I had written came true and even statements that I had written down back in 1991 are still in motion today.

“And the Lord answered me, and said, “Write the vision, and make it plain upon tables, that he may run that readeth it. For the vision is yet for an appointed time, but at the end it shall speak, and not lie: though it tarry. Behold, his soul which is lifted up is not upright in him: but the just shall live by faith”.

**Habakuk 2: 2-4**

God said to you and I, “My Words never return unto me void or unfulfilled.”

Isaiah 55:12

God also said, “I watch over my Word to perform it.”