Sigils for the Ascension Attitudes of Praise, Love, Gratitude and Trust

Below are sigils by Almine, for the first four ascension attitudes. The fifth is 'appreciation', but the sigil is not yet available. Accompanying this pdf is an angelic sound elixir that supports the ascension attitudes.

Take frequent power pauses during the day to enter into these attitudes. Practiced continually, these attitudes alter the cells of the body and eventually allow them to hold the higher sub-atomic substance of **tonal luminosity**. With these attitudes, surrendered being that sees the perfection of the moment is possible.

Use the sigils with the accompanying angelic elixir that comes from Angel **Bishvarvaruk, The Restorer of Respect for Pure Magic**. This angel brings the insight that joining the ascension attitudes produces an alchemical reaction that closes the gap between cause and effect, which brings about white magic; revealing a less dense reality aligned with Infinite intent.

To use the sigils with the elixir, either look at the sigils in turn and image integrating them by moving them up through the feet all the way to the Crown chakra (or Lahun if this has been introduced to you at this point in the program). Close your eyes, and while listening to the elixir, enter into each of the attitudes as profoundly as you feel moved to.

Alternatively, you may hold your left hand over the wheel and the sigil in turn, asking for deepest embodiment, while playing the elixir and entering into the attitudes as deeply as you can.
Illustration 2: Wheel of Praise, Love, and Gratitude

Illustration 3: Sigil for Trust