

**The 90 Day Ascension Journey:  
Engineer & Design Your Life the  
Way You Want It To Be!**



**Andrew Aloha**

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**My dedication of this book goes out to the  
collective of who Andrew Aloha is,  
to the Mahatma of “Heaven on Earth”**

## **Table of Contents:**

### **Section I: Who is Andrew Aloha!**

- 1) The Journey Begins: The Five Spiritual Practices**
- 2) Prayer: Talking to God/dess**
- 3) Meditation: Listening to God/dess**
- 4) Reading Spiritual/Inspirational Works; Music, Mantras, Affirmations; and Some Kind of Service Activity to Support All That**

### **Section II: The Journey Begins With You: The Five Initiations**

- 5) Take Care of Your Body & It Will Take Care of You!**
- 6) “Laugh Out Loud!”**
- 7) “Mind Over Matter”**
- 8) “Just Build It and They Will Come”**

## **Section III: Clean Up Your Temple**

- 9) Altars, Spiritual Security & Protection**
- 10) Lifelong Goals & Vision Board**
- 11) Master Soul Cleanser Program**
- 12) Tantra – “Sharing is Caring”**
- 13) Let the Manifestations Begin!**
- 14) Personality Astrology, Soul Astrology & The Ray Chart**
- 15) Psychic Development 101 & Your Future Selves**
- 16) The Program**

# **Section I**



## Who is Andrew Aloha!

First of all, just to let you know, I am writing this book off the cusp or the hip as some would say.....in essence, I am simply recalling everything as best I know how and/or remember it, and am providing you with a resource guide at the end of this book so that you can research and investigate the facts for yourself.....really, don't take my word for any of this.....and, if you do find anything significant that is not correct within the framework of this book please feel free to write me and let me know so that I can correct the matter and/or error as soon as possible.....and, thank you for that.....:)

Likewise, just so that this will be easier for you to read, note that every time I mention "I", "My", "Me" or "Myself" in this book or anywhere else for that matter, I am actually referring to "I/we", "My/Our", "Me/Us", "Myself/Ourself", to all those that have come before me to allow me to write this book and do whatever else. I am referring to all my ancestors, brothers, sisters, extensions, aspects, tribes, relations, group soul members, etc. that have lived before me



## The 90 Day Ascension Journey

**and/or live now so that I could live and breath right now and do that which I/we came here to do.**

**In essence, I no longer serve to operate as an individual though as the collective of who Andrew Aloha is, or the Mahatma whereby my experiences are no longer just mine though of all those that have come before me as well.....of the collective or what I call the Mahatma of “Heaven on Earth”, or group soul effort, or the soul project called “Heaven on Earth”.....thus, my ambition is to serve the Mahatma as much as possible by experiencing as much Divinity as possible so that the collective or the Mahatma can also experience this too, without experiencing too much negativity or should I say unhealthiness which no longer serves and/or benefits us in the sense of speaking.....which I/we greatly appreciate and enjoy.....this is also something that all of you in the years and lifetimes to come will do as well. You will all eventually join together with your soul group members and do group projects as**

well, if you're not already doing so now.....many of you are.....:)

Anyhow, moving on to my own particular “Ascension Journey” which began years ago at the age of 10 when my brother, Michael, transitioned or died after a fire took place in our home in Gridley, California, on 26 December 1972. He died of smoke inhalation and I was very angry for it. In fact, I felt very angry, guilty, sad, depressed, ashamed, horrified, etc.....you know, all the emotions and feelings that come with the grieving process that takes place after such an incident.....then, one day I lashed out, which I will talk about later.

Just the same, Michael was only six years old at the time. He was sleeping in the same room that I was in that night. Next thing I knew I woke up and noticed something unusual happening. I went into the living room and noticed the Christmas Tree blazing which really astonished me. So, I yelled “fire, fire, fire” in order that my sisters and my

## The 90 Day Ascension Journey

mother in the bathroom with her new boyfriend could get out. I then turned around and ran back through the hall out the kitchen door.....then I realized I forgot to go back for my brother who was nearby still sleeping in our room. Or, was he? How horrible that was! Yet, that horrific night also taught me so much about death in so many ways that I can now only but appreciate, accept and move on with. To this day it can still grab me to some extent, even though I have forgiven all of those concerned, including myself.

Nevertheless, it was at this point in life for me that I began to understand what “manifestation” was or is. Right before the incident above took place my father and mother got a divorce. That same year, my father also came to me shortly before my brother died and told me that I was to be the man of the house and that I had to take care of the family. How rude!!! How rude that someone would impose such responsibilities upon a 10

**year old child! What's wrong with him! Lack of education? Lack of wisdom?**

**Nevertheless, the night of the above incident, on Christmas evening, my brother and I were playing around when all of a sudden my mother came into our room and accused us of playing with our private parts, which we weren't. She was angry, accusing us of such behavior and yelled at us for it. Again, "How rude!" How rude that someone would shame us and impose their sexual dysfunctions upon us. Again, lack of education? Lack of wisdom?**

**On Tuesday, 26 December 1972, I would learn how powerful manifestation was and is. Later in life I learned that if you wish, will and apply heart felt energy enough you can get what you want, not necessarily what you need, as the song goes. That night, after being yelled at for a dysfunction that had nothing to do with me, I cried. My mother came in and asked me why I was crying. I told her that I missed my dad and wanted to see**

## The 90 Day Ascension Journey

him. Thus, my wish came true about two days later when he drove all the way from Texas for the wake of my brother. Of course, all of us went through great pain before the healing began.

My own particular journey and healing began shortly after that. After bucket loads of tears shed on my face, along with anguish, shame, guilt, confusion, etc., A few months later, I became incredibly angry and yelled at God, asking him “Why!” and telling him I would never believe him unless I seen him with my own two eyes. Later, in the sense of speaking, I did.

Years later in April, 1985, this is how manifestation works and can work, after finishing up nearly four years of being in the Air Force, I was drinking wine coolers with two women. They were both bank tellers of all things at a local credit union in Victorville, California. Nevertheless, nearby we were sitting on the back of my Toyota Corolla hatchback

talking and laughing, with me being in the middle of the both of them.

We drank at best one wine cooler at the time when all of a sudden a tall, slender man with short golden hair and sky blue eyes appeared to us. He didn't seem to have a shirt on when all this took place within 10 to 15 seconds. Standing there before us he said "the Christ will appear within ten years". I looked up, got a glimpse of him, looked back down and then began to laugh at this moment. Then, I looked up again. At the time, there appeared to be no physical movement throughout all this episode yet I noticed he was gone. There was no where he could run and hide in that short of period of time, yet he was gone. Where did he go?

## **The 90 Day Ascension Journey**

### **(Chapter 1) The Journey Begins: The Five Spiritual Practices**

#### **“When the Student is Ready the Master Will Come”**

**To this day, I have yet to talk to the two female bankers about what they experienced that evening in April 1985 in Victorville, California. I still don't know what they perceived, though eventually I did make the realization that it was actually Maitreya Buddha whom we'll talk about later. Anyhow, in 1990, I began meditating with a Transmission Meditation group in Dallas, Texas. I was attending Texas Christian University in Fort Worth, Texas at the time and was driving an hour and a half round trip to meditate with the group for an hour and a half at a time.**

**Before that I had just graduated from KD Studio, an acting school in Dallas, Texas,**

and was talking to one of the administrators, a man by the name of Allen Winslow, when all of a sudden a surge of energy went through my body and I found myself asking Allen “What is meditation?” What was unique about this was that at the time, I had no interest in meditation and had no idea where that came from. In other words, whoever was asking that question was not me, the personality by the name of Andrew at the time. How bazaar was that?

Just the same, Allen answered my question then on that same day we went to his office in Dallas, Texas and did a guided meditation. Soon thereafter, he also introduced me to a woman by the name of Judy, who did a channeled reading for me and introduced me to Transmission Meditation, vibhuti (sacred ash), Sai Baba and Alice Bailey all in the same day.

Judy showed me a video on Sai Baba doing darshan or blessing the crowd. She gave me some vibhuti, which is



## The 90 Day Ascension Journey

considered sacred ash or holy ash, manifested by Sai Baba, that people use to meditate with and/or heal with. Then, she introduced me to the works of Alice Bailey, an author who wrote down the dictations of a number of books by a saint named Djhwal Khul. Likewise, she introduced me to Transmission Mediation, telling me to meditate five minutes in the morning and five minutes at night before I went to bed. Later, I had to change this routine to just mornings or afternoons because otherwise the energies would keep me awake for several hours afterwards. Thus, my spiritual journey officially begins.



**About the Author**

**Andrew Aloha is Executive Producer of Spiritual Image Productions who's mission, goal, purpose is to "Establish & Maintain Right Relationships Thru Human Values", or to exemplify to others right healthy relations with oneself and with each other. Aloha is a Radio Show Host for over six years, doing a variety of shows each month including "The Golden Age Psychic Show", "Intimacy, Tantra & Relationships Psychically Fulfilled", "The Golden Age Paranormal Experience", "The Golden Age Psychic Travel Show", "The Golden Age Music Show", "Transmission Meditation On The Air", and "Andrew Aloha 'Live'", the latter whereby Aloha innerviews with people from all over the world who have been on the Oprah Winfrey Show, CNN, History Channel, Coast to Coast, Gaiam TV, OM Magazine, Conscious Living Magazine and more.**

**For more info on Andrew Aloha go to  
[www.spiritualimageproductions.com](http://www.spiritualimageproductions.com)**