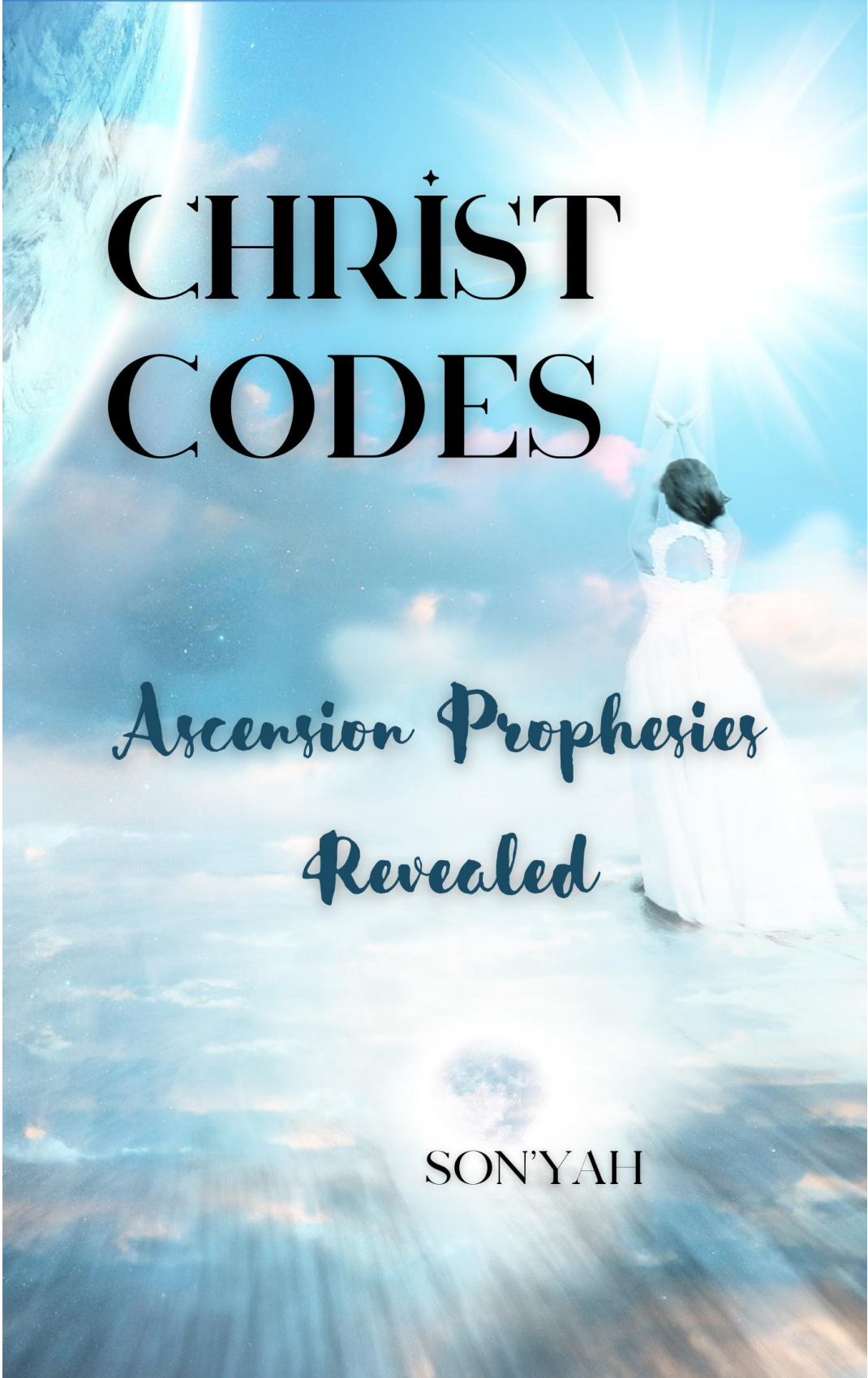


A woman in a white dress is seen from behind, reaching her arms up towards a bright, glowing light source in a blue, cloudy sky. The light creates a strong lens flare effect. The overall scene is ethereal and spiritual.

CHRIST CODES

*Ascension Prophecies
Revealed*

SON'YAH

VOLUME I

CHRIST CODES

ASCENSION PROPHECIES REVEALED

SON'YAH



CHRIST CODES: Ascension Prophecies Revealed

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FOREWORD

I first met Son'Yah over 16 years ago while participating in a meditation group in West Los Angeles. Little did I know in that first meeting that this 'stranger' was my twin flame and that within a year, we would be living together just outside of Mt. Shasta in northernmost California.

The clarity of our relationship and many lifetimes together was revealed to us during a Lion's Gate Ceremony on Mt. Shasta. The doors opened for us to see beyond our BEingness and to understand the greater mythological story of our soul's mission, together and individually.

My overt involvement with spirit and consciousness began when I was age five. In a dream vision, I was with Jesus, whom I knew. He picked me up, and we went flying all over the world. We stopped several times above various groups who were praying to him. I

remember his bittersweet smile and the words, “*they don’t understand me.*”

This reunion sparked a deep *call to action* and a gentle reminder of my soul’s calling. The experience catalyzed my life’s ambition to *understand* the Christ, facilitate awareness of the human condition, and to grow beyond our mass consciousness’ perceived limitations. As a result, I teach Quantum Awareness, utilizing theatre as a foundation, to people of all ages to help them awaken to their unique mythology and limitless potential.

As a member of the Triad, described in the pages that follow, and Son’Yah’s husband for the last 15 + years, I’ve had the unique opportunity to see the evolution of this paradigm-shifting work, as well as the privilege of working with the *Christ Codes* and Practices during their birthing and on-going maturation. In truth, there is no end to how much you can expand utilizing this Codex.

My relationship with the *Christ Codes* has been astonishing and empowering, beginning as a devoted and curious student whose

previous path was through my inner hearing and relationships with the Masters. Although new to me, the *Christ Codes* encompassed these relationships through their specific and experiential combination of sacred geometry, symbols, visualization, language, and numbers.

The *Christ Codes* are now my constant and dear friends. The more we work together, the stronger the reality of what they are and where they are leading me to become. Our relationship continues to evolve and redefine itself as my sensitivity and practice continually open doors to new insights and healing.

Son'Yah is a visionary, spiritual scientist, and healer. It is revelatory to see an Emissary of the Cosmos Christ at work. I have seen this gift to humanity come to life with her extraordinary tenacity, devotion, courage, and love.

Over the years, she has worked tirelessly to bring forth this work. She has truly earned the trust of Sophia to be gifted with this unique treasure trove of knowledge and experiences, to be shared and experienced by all who

resonate with it. Her work is a striking testimony to what's available when one learns how to listen, align, and allow Sophia's wisdom to *come through*.

You are about to embark on a journey that will take you to new vistas. Beautiful, wondrous, joyful quantum journeys that are ever-changing, ever-present. It is a picture book where the images cultivate refined and expanded experiences per your commitment and consistency. There is a palpable '*exacting creativity*' at play.

Christ Codes is not a book merely to be read. The Codes are to be experienced and finally lived with, each section in its timing, with patience, commitment, and dedication. The rewards are immeasurable.

As you lend your energy and commitment to living a fully intentional life full of joy and service, this book will greatly expand your awareness and connection with your Divinity. I suggest you allow yourself the freedom of exploration without judgment or comparison,

with an open heart in childlike wonder and fascination.

Christ Codes: Ascension Prophecies Revealed invites you to figuratively and literally expand your horizons to embrace and remember who and what you truly are, and in so doing, assist in the great journey of Ascension for yourself, humanity, Mother Gaia, and the Cosmos.

This work is a *call to action* to actively participate in this great Ascension movement, perhaps more than you previously considered or thought possible.

If the contents of this book are lived with and practiced, your expansion and sense of purpose will change how you function and empower you with certainty and strength of who and what you are, with a joyous knowing of what's to come.

Enjoy this journey.

Stay with it.

Be patient.

Bennett Gale

Weed, California

February 18, 2024

✿ WHAT ARE THE CHRIST CODES?

✦ The Christ Codes: A Living Transmission of Diamond Light ✦

The Christ Codes are a multidimensional language of remembrance, encoded within the radiant architecture of Christ Diamond Light. They speak through Light Language, DNA Codexes, and Sacred Geometry — recalibrating your energy field to Zero Point, to the eternal pulse of Divine Origin, to Source. As they awaken the Christ Body Template within your cellular memory, they initiate a return to your sovereign, luminous essence.

This Diamond Light moves beyond the confines of intellect and linear thought. It sings directly to the soul, dissolving inherited patterns, ancestral imprints, and belief systems rooted in separation, scarcity, and suffering. In its presence, the mind is liberated from

distortion, and the body becomes a vessel for quantum healing, abundance, and soul embodiment.

As I entered communion with this Codex, the Archetypal Blueprint revealed itself — not as static symbols, but as living intelligences guiding the soul's evolution. These archetypes, ancient and universal, became the keys to decoding the Christ Codes. Through ritual, inner alchemy, and sacred listening, I came to understand the Divine Feminine and Divine Masculine not as dualities, but as harmonic forces dancing within the architecture of Creation.

This sacred union stirred a deep remembrance: the Christ Codes are not merely teachings, but living transmissions etched into the soul's design. They carry frequencies of compassion, sovereignty, and multidimensional healing — a language of light encoded for humanity's awakening.

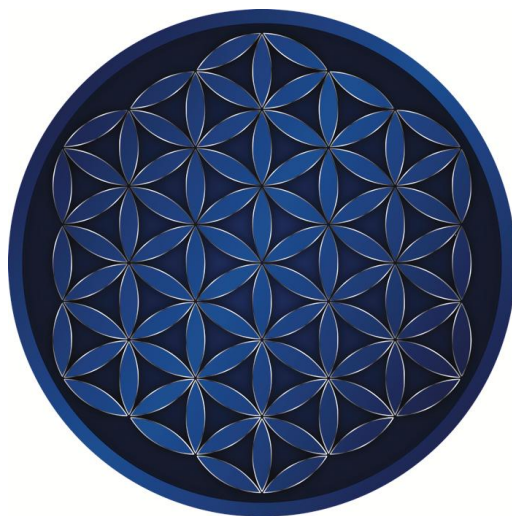
Guided by Spirit and held by the wisdom of my spiritual lineages, I stepped into my role as steward and emissary of this Codex. Each

revelation arrived as an initiation; each teaching, a threshold. And through it all, the path unfolded not as a destination, but as a living mystery — one that continues to unveil itself through breath, prayer, and devoted presence.

How do the Christ Codes Work?

The *Christ Codes* and DNA codexes naturally communicate to your heart, shaping the foundation for a new reality. The architecture within the *Christ Codes* corresponds to the sacred geometry that underlies and upholds all consciousness and form as grids of light.

They are designed to awaken the Christ Dragon within you. They transmit the double helix blueprint found in the Flower of Life pattern embedded inside your spiritual and physical DNA. Each Code creates from a pure essence or emanation providing:¹



The Flower of Life

- An energetic vocabulary to commune with Sophia God.
- A codex that serves as an organ for elimination of undersoul debris (unresolved emotional energies and negative imprints).
- The means to tune into the energetics within your four bodies.
- A system to explore, connect, recover, and master your soul embodiments.
- A codex to explore the Constants within nature and, thus, within your Divine Nature.
- The means to explore and discover the

universe that lies within you.

What are Soul Keycode Initiations

The *Christ Codes* hold sacred Soul Keycodes—divine frequencies encoded with celestial intelligence—that speak directly to the essence of your being. They are designed to awaken the full remembrance and embodiment of your Soul’s Keycode Mission.

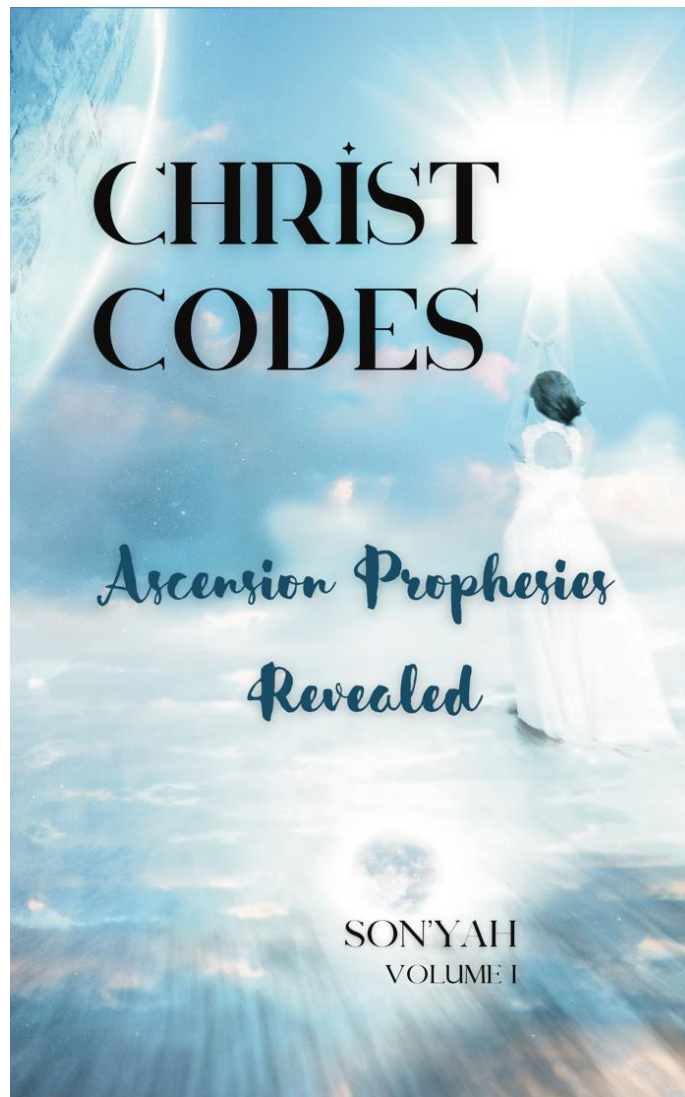
A *Keycode* is a unique vibrational signature, a divine encryption woven into the fabric of your soul. It holds the archetypal blueprint of your spiritual identity, guiding your evolution, creative expression, and sacred service.

As you journey through this Codex, let the Keycodes be your compass. Allow them to illuminate your path, activate your inner knowing, and initiate the unfolding of your soul’s divine architecture. This is your invitation to awaken, embody, and live the truth of who you are.

[Pages 30 through 33 not included]

PART II

INTRODUCING THE ASCENSION PROPHESES



✿ AWAKENING THROUGH PROPHECY

The Ascension Prophecies

On one level, the *Ascension Prophecies* contain the story of my ascension and how prophecy has guided and initiated me throughout my life. On another level, they contain modern-day Christ Prophecies about the ascension of Mother Gaia with the Cosmos Christ, and lastly, they speak about the inner workings of reaching Zero Point, the eternal pulse of Divine Origin within your body making it possible for you to ascend with Mother Gaia in 2029.

Prophecy Revelations

Revealed through dreams and visions, the Prophecies took the greater part of my life to realize and accept. They shape and form this body of work at every level of my mythological story, revealing my soul's walk through time.

The lifetimes recovered were an amalgamation of my soul's evolutionary journey. They appeared in dreams, visions, and triad work through a combination of visionary archetypes.

The recovered memories appeared in cycles of initiatory growth as I continually sought answers about myself and the mysteries of life. Before long, I started receiving prophetic dreams and visions about upcoming crossroads and cataclysmic events, not realizing they were prophetic, in some cases, until twenty years later.

Cosmos Revelations

During Solar Initiations in 2007, I began receiving cosmos revelations and understandings that allowed me to integrate many of the high-level visions and dreams experienced over the years.

In 2008, after thirty-five years of inner work, I started working in a Triad Meditation Group at a time known as the Lion's Gate.

Before long, we collectively started receiving more information about the *Ascension Prophecies*, each receiving an aspect of the whole body of work while being initiated through the Prophecies.

The *Ascension Prophecies* activated core wounds and deep trauma embedded in my psyche from this and other lifetimes. To that end, the next stage of *The Work* was the receipt of the *Christ Codes* to clear the path for my Spiritual and Planetary Ascension.¹ [This core work ultimately evolved into the *Christ Codes: Sapphire Tablets*.]

Clearing my core wounds allowed me to integrate the Ascension Prophecies, leading to my Spiritual Ascension, the writing of this book, and forthcoming Planetary Ascension.

In truth, the *Christ Codes* represent my path to God Realization, escalating my Spiritual and Planetary Ascension, which otherwise may have taken lifetimes to achieve. of my mythological story, revealing my soul's walk through time.

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In truth, the *Christ Codes* represent my path to God Realization, escalating my Spiritual and Planetary Ascension, which otherwise may have taken lifetimes to achieve.

HOW TO READ THE ASCENSION PROPHESIES

The *Ascension Prophecies* contain ***Living Light transmissions*** designed to awaken soul memories from this and other lifetimes. These transmissions may come to you as visions, dreams, or subtle inner knowings. While some prophecies may appear self-evident, they carry deep archetypal wisdom and spiritual instruction.

I share these prophecies without interpretation, allowing your soul to receive their messages in divine timing. This approach honors the natural unfolding of your soul's cellular memory, which awakens precisely when it is ready.

As you read the *Ascension Prophecies*, allow yourself to receive without striving to intellectually comprehend. These transmissions operate at a soul level, beyond the mind's grasp. Like the petals of a rose, each reading gently opens another layer of your soul's Divine Genetic Blueprint.

I ask only that you approach these prophecies with an open heart and mind, and allow yourself to explore the full potential of your soul's journey.

Note: The terms Divine Genetic Blueprint, Divine Genome, and Christ Diamond Template are used interchangeably throughout this Codex.

ASCENSION ACTION PLANS

A Guided Path

(1—4)

1. Begin with the Prophecies

Journey through each *Ascension Prophecy* in order. At the end of each one, pause for the Breathwork Activation and Transenergization Practice, before commencing the Initiation—it's your sacred moment to recharge, realign, and keep your energy flowing forward.

2. Make It Yours

The Breathwork Activations are a flexible blueprint. Let your Divine Self guide the rhythm and shape of your journey. (Christ Codes Breathwork recordings for each of the Keycodes are available at christcodes.com/programs to support your activations.)

3. Follow the Flow

Move through each Activation and Initiation in the order given. This sequence is designed to support smooth integration and energetic alignment.

4. Sacred Pauses

To ensure a steady and grounded progression through the Breathwork, ***Sacred Pauses*** have been built into the journey to support deeper integration in Ascension Action Plans 1–4.

Before advancing with the corresponding initiation, it's essential to fully embody the following foundational breaths:

- **1* The Chakra Breath**
- **2* The Cobra Breath**
- **3* The Integration Breath**
- **4* The Dragon Horn's Breath**

5. Trust Your Readiness

You are free to self-initiate when it feels right. Allow the Breathwork and Initiations to unfold naturally once you've moved through

these key thresholds.

6. Speak Your Power

Read the ***Sacred Invocations*** aloud to command your transenergizations. Your voice is a sacred instrument—use it to anchor your transformation.

7. Feel Your Embodiment

Read your activations and initiations silently so you can fully feel and visualize the embodiment of your I AM Presence.

8. Honor Your Pace

If the activations feel intense, give yourself space. Slow down, adjust your schedule, or modify your Christ Codes Activation Level to stay balanced.

9. Dive Deep

Explore the *Christ Codes: 2029 Ascension Mastery Guidebook* for deeper insights into each Keycode Initiation. Let it be your compass as you awaken your soul's blueprint.

10. Revisit & Receive

After completing Parts 1—4 of the Ascension Action Plan, up through ***Level Four***, feel free to revisit any Activation, Transenergization, or Initiation. Each return opens the door to deeper downloads and expanded awareness.

11. One Sacred Moment

Perform the ***Planetary Ascension Activations*** in Ascension Action Plan 4, Level Five, once—when you feel divinely guided. That moment is sacred, and it will unfold perfectly in its own time.

12. Keep the Flame Alive

To maintain the wind beneath your wings during the Ascension Phases, I recommend continuing to read *The Ascension Prophecies*:

ASCENSION PROPHEESIES

(Action Plan 1)

1. 1- Divine Mother's Prophecy
2. 1- Emissaries of Light & The Galactic Call
3. 1- Soul Awakening
4. 1* Evolutionary Changes

(The Chakra Breath)

(Action Plan 2)

5. 2- Spiritual Commission from the Ascended Masters
6. 2- Rainbow Warrior
7. 2- The New Archetypal Path
8. 2- Lion's Gate 8:8:8 Portal
9. 2- Blueprint for the New Earth
10. 2- The Metatron Cube
11. 2- The Ascension Grids
12. 2- Your Ascension
13. 2- Seed for the New Earth

(Action Plan 3)

14. 3* Deciphering the Myth

(The Cobra Breath)

15. 3- The Golden One

16. 3- The Cosmos Christ & The Christ
Dragons

17. 3* Delay of the Ascension Wave

(The Integration Breath)

18. 3- The Andromeda Collective

(Action Plan 4)

19. 4* The New Galaxy

(The Dragon Horn's Breath)

20. 4- The Dragon Weaver

21. 4- The Earth's Ascension

22. 4- The New Earth

HOW TO USE THE ASCENSION ACTION PLANS

VOLUME ONE ASCENSION ACTION PLAN 1 (Level One)

Christ Codes | The Foundation

A*scension Action Plan 1 (Level*

One) guides you through the Breathwork Activations to ***embody*** the Christ Codes through two levels:

1. Foundational Christ Codes Breathwork Activations:

- The Sophia Breath
- The Christ Breath
- The Chakra Breath

ASCENSION ACTION PLAN 2 (Level Two)

The Five Ascension Grids

2. The Five Ascension Breaths and Grid Initiations (Level Two):

These initiations unfold in five stages via guided *Quantum Gridwork Journeys*. Each stage offers time to heal core wounds, release outdated programs, and access expanded energy and consciousness across lifetimes working with the following Breaths:

- *The Earth Breath:* The Ruby Cave Initiation
- *The Water Breath:* The Christ Grid Initiation
- *The Plasma Breath:* The Solar Grid Initiation
- *The Fire Breath:* The Metatron Cube Grid Initiation

- *The Air Breath:* The Golden Fleece
Grid Initiation

VOLUME TWO

ASCENSION ACTION PLAN 3 (Level Three)

The Ascension Initiations

Ascension *Action* *Plan 3 (Level*
Three) guides you through *Ascension*
Prophecies and the *Five*

Ascension Initiations:

- *The Cobra Breath:* The Cobra Initiation
- *The Aether Breath:* The Sapphire
Tablets Initiation
- *The Bioplasma Breath:* The Cosmos
Atom Initiation
- *The Integration Breath:* The Metatron
Cube Initiation
- *The Christ Dragon's Breath:* The
Golden Fleece Initiation

ASCENSION ACTION PLAN 4 (Level Four)

Ascension Mastery Initiations

Ascension Action Plan 4 (Level Four) prepares you for your *Spiritual Ascension*. These activations unify the wisdom, mastery, and soul memory from all lifetimes into your *Christ Dragon Light Body*—a golden interface that integrates with your chakra soul centers through the:

- *Dragon Light Body Initiation*
- *Seraphiel Dragon Initiation*

ASCENSION ACTION PLAN 4 (Level Five)

Planetary Ascension Activations

Prepares you for your *Planetary Ascension* with *The Sophia*—activating your Ascension Chakra and unifying your

heart with your multidimensional lifestreams
for your Planetary Ascension Activations.

Level five activations occur in two stages:

- *The Source Point Activation*
- *The Eternal Flame Activation*

ASCENSION PRACTICES GUIDELINES

(End of Book)

Quantum Doorway Guide

Christ Codes Activation Levels

Breathwork Guidelines

Yantra Meditation Guidelines

Quantum Empowerment Formula

RECOMMENDED RESOURCES

- *Christ Codes Sapphire Tablets*: Available in eBook and PDF formats at christcodes.com/plans-pricing.
- ***Christ Codes Subscription***: Includes 11 audio tracks for pronunciation of the Christ Keycodes, 8-Keycode Yantra Collections and printable guidelines to

- support your transenergization work at christcodes.com/plans-pricing.
- ***Christ Codes Breathwork:*** Recordings and pdf printouts of the Breathwork stages for Ascension Action Plans 1–4 at christcodes.com/programs.
 - ***New Earth Cooperative:*** Monthly offering where you are lovingly ushered into the sacred art of Quantum Mediation—a celestial pathway that harmonizes your soul’s awakening with the rhythms of the New Earth at christcodes.com/groups.
 - ***Ascension Action Plans 1—4:*** On-line virtual immersives with Son’Yah to guide you through the Practices, Activations, and Initiations at christcodes.com/mystery-school.
 - ***Ascension Action Plan Private Sessions:*** Get guidance for your spiritual and planetary ascension with Son’Yah at christcodes.com/book-online.
 - ***Christ Codes: 2029 / 3.6.9. Ascension Mastery (Guidebook & Workbook):***

Address the full Ascension journey through the lense of Divine Feminine Wisdom, Divine Masculine Archetypal Knowledge, and the Christ Codes for Integration and support for your Ascension Journey.

NOTE: Individual Items: Books, audio tracks, and Yantras are also available at christcodes.com/store.