



## Doors to Higher Consciousness: Meeting Angels and Ascended Masters through the Qabalah

**Sheri Crockett**

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*With recommendations for inviting spiritual contact with ascended masters and angels, Doors to Higher Consciousness is an inventive spiritual guide.*

Astrologer, gemologist, and student of shamanic practices and mysticism Sheri Crockett's cross-cultural spiritual guide *Doors to Higher Consciousness* is about accessing divine wisdom through a Qabalah-based framework.

Arguing that there's a distinction between *Qabalah* and *Kabbalah* and that the latter involves "Judaic and Christian approaches," while the former is rooted in the "Western esoteric tradition," the book introduces a multilevel methodology of connecting with 108 "ascended masters" and angels from spiritual traditions ranging from Buddhist to Norse, including the biblical Abraham, Saint Teresa of Ávila, Ganesha, and Zeus. (Masters from Egyptian, Indigenous, Taoist, and Mesoamerican belief systems are noted but not elaborated upon.) And before a person aspires to access guidance from an ascended master or angel, the book recommends a process of spiritual focus. It asserts that eliminating preexisting cultural or gender "biases and judgments" allows for a more open-minded experience, as does remembering that there are no spiritual "rivalries" in the ascended realm, where no particular belief system takes precedence.

The book's introductory information regarding the Qabalah is centered on its definition as the tree of life, growing "upside down from spiritual Source toward earthly experience." The Qabalah's paths and spheres are detailed; each sphere, from Malkuth to Kether, is said to sustain a distinct form of energy. Some such explanations are complex, so integrated presentations and summary sections are present for clarity. Further incorporated into the book's own Qabalah framework are astrological, tarot, and chakra correlations: the Qabalah sphere of Kether is linked to the crown chakra to represent the "culmination of the spiritual journey of individual consciousness"; Samech is said to correspond to the temperance tarot card and the astrological sign of Sagittarius, integrating and balancing opposing elements.

Also included are contextual profiles of ascended masters and angels, drawing both on history and on personal interpretations. Athena, for example, is noted for presiding over wisdom, crafts, and strategic warfare, while claims of personal meditative contact with Athena are used to point to the goddess's "vast complex" of collected knowledge—said to be useful to women seeking support in leadership and managing their own "unique brilliance." A suggestion that "every woman has access" to Athena's guidance (and to other feminine ascended masters) undercuts earlier advisories to transcend gender limitations, though. Elsewhere, the book encourages all seekers, regardless of gender, to summon the Greek god Ares to manage their "warrior capabilities" and reenvisions the masters to undo "Hollywood projections" of them, as via Marvel Comics movie franchises.

The book's recommended courses to invite and manage spiritual contact consist of twenty-four quite familiar practices, like keeping a dream journal, creating collages or vision boards, practicing breathing techniques, and maintaining a healthy lifestyle through exercise and diet. There is no topical index to help navigate their expansive

range, though.

*Doors to Higher Consciousness* is an ambitious spiritual guide with instructions for divining spiritual guidance.

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