

Ascension: Our Observations



Our experience of what is changing as we ascend.



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Ascension: Our Observations

There are lots of articles and discussions about ascension symptoms and what will happen as we ascend. We cannot comment on what will happen as we ascend, since it hasn't yet happened, but we can share with you what is happening, based on our own experience and observations.



Levels of Consciousness: level 1000

Levels of Consciousness is a measure of the amount of soul we hold within our physical bodies. We measure it using the scale proposed by Dr David Hawkins; from 0-1000. The level of 1000 was attained by Buddha, Jesus, Krishna and the level that we will all reach during the ascension. Currently less than 0.0005% of the population on Earth have reached 1000 (about 38,000 people) including the author of this article, Sarah Diggins. You can discover the levels of your favourite channellers in our 2-monthly publication the [Levels of Consciousness of Spiritual / Truth Providers - May 2022](#) that includes Linda Good McGillis, a currently incarnated ascended master who came into physicality at level 1000. At level 1000, information is less distorted by ego as the level of the ego held is typically less than 0.5 (out of 10). At level 1000, motivations become altruistic and service to others becomes the predominant desire. We wrote an Article showing [How Ego Decreases as Levels of Consciousness Rise](#).



Levels of Consciousness: Changes in the World

On a global level we have watched the average Levels of Consciousness increase dramatically in just a short space of time. About 2.5 years ago, the average level of consciousness on the planet was just 230 and today, as at 28 May 2022, the average is 633; the level of peace. We test the average Levels of Consciousness in most of the countries of the world every 2 months and you can see the latest figures [here](#); Africa is

leading the way! We discovered that the levels jumped up from 484 (November) to 606 (January) and then rose less significantly to 620 (March) and 633 (May). Notice the huge increase over Christmas 2021 which we believe may have occurred during the Jupiter-Saturn grand conjunction in December.



Levels of Consciousness: Changes in Individual People

We have noticed that some people get 'stuck' at one level and this is reflected in their unchanging perspective. We have seen how Levels of Consciousness can rise and fall; even in those who have reached very high levels. We have witnessed increases of over 700 during a healing session; most people's Levels of Consciousness rise significantly during our [Energy Boost](#) sessions. We have also seen people's Levels of Consciousness fall significantly - even by more than 800 points in just a few weeks. The reasons for these falls are varied, including fear, and we have also seen that levels can fall when people give away their power to an external source. However, these dramatic falls are less common than the gradual increases that we are measuring in people. What is more typical is that we see levels increasing by a few points in a day or a week and then remain stable for another few days or even weeks while the new vibrational set point (and light level) is assimilated in the physical body.



Levels of Consciousness: Affected by Calcified Pineal Gland

As your Levels of Consciousness increase, so does your soul perspective expand and you will find your ability to see, hear and feel the intangible rises with it. We have discovered that a calcified pineal gland can keep your Levels of Consciousness lower and have also experienced a huge 'whoosh' of consciousness filling the body of someone whose pineal gland had been cleared during a session. You can clear your own pineal gland of calcium through intention and the neutralisation-deletion-integration process we have described in our [Revealing not Healing](#) Article. If you prefer to work on the physical layer as well, try avoiding fluoride, drink lots of lemon juice and eat plenty of raw greens.



DNA Strands: 144 Strands

We always thought we all had 2 strands of DNA until we woke up one day and counted through Resonance Testing that we had 4 of them! That led us into a journey of discovery and we found that over the next few months, our DNA strands increased to 144 strands; 2 physical and 142 light. The increase has been non-linear.



DNA Strands: An Example of What Happens When They Increase

The author of this article, Sarah Diggins went from having 14 strands to 112 overnight, with no idea that this had even happened, other than waking up to feel completely different and much more connected. Almost immediately, she experienced a clear memory, as if seeing through her own eyes, experiencing life in her body of that time. The vision wasn't from an observer's perspective, looking down on the scene. The vision was very specific and included knowledge of a healing methodology that is incorporated into Armichi Wellness. In this memory, she had a sense of her body; a very tall (about 6 foot), light (about 2.5 stone) body with long hair. She was enrobed in a gown of some sorts made from a material that doesn't exist on Earth; like a thick but featherweight-light silk whose weight and existence was imperceptible. She had 2 people standing slightly behind and to each side, helping her. The room was filled with low solid almost tree-trunk shaped tables about 2 foot high. Each table had a single large, translucent, spherical crystal, which was emitting light in all directions. The light originated from the sun and had been channeled through the base of each table out through a hole on its top on which the crystals had been placed. There were about 30 of these light emitting crystals on tables energising the room. There was also a holographic, arched display of information about the person we were treating. After this memory, she then received messages from a Pleiadian source who told her that she was here to bring down information onto our planet. It was this vision that prompted her to establish Armichi Wellness. Since that vision, she went onto develop all 144 DNA strands; observing that the last 2 took a while to form. These strands are connections with the all that is and allow frequencies to be received by our cells to enable restructuring to support the new levels of light (Levels of Consciousness).



DNA Strands: May Also Fall Below 2 Strands

One observation we have noticed when Resonance Testing is that some people's DNA strands don't resonate. We quite often get the result where someone's DNA strands neither positive or negative (*'This person has 1 DNA strand' = negative; 'This person does not have 1 DNA strand' = negative.*) Further tests have revealed that these people no longer have authentic DNA. However we have found that it is possible to reorganise this non-DNA with consciousness and New-Me-Heal so that it tests as DNA again. We have so far only found these results with people who have made specific choices about vaccines over the past 2 years.



Chakras: 144 (12 x 12)

We have discovered through Resonance Testing that there are 12 chakras and describe them in full in our Article [The Chakras: All 12 of Them!](#) Our Resonance Tests show that each chakra will eventually develop into 12 during the ascension process, meaning we will have 144 energy centres. Not all 12 chakras are currently open in everyone and in fact there was one chakra that has been pre-programmed not to work at all, which we describe in the next paragraphs. Typically we find that the sternum chakra (multidimensionality) and the pituitary (soul growth) and hypothalamus chakras (wisdom) are closed for many people. As we ascend we have noticed that these chakras open, in their own time and bring with it a new sense of connection, awareness, expansion and wisdom. We can also open them during [Armichi Method Healing](#) sessions.



Chakras: A New Symmetry and Perspective

The 12 chakras are located at points which are evenly spaced through the body, rather than the uneven spacing of the 7 chakra system. This symmetry to us made more sense since underpinning structure of the universe is the symmetrical tetrahedron and, as a result, nature develops in a geometrical, symmetrical fashion. The first one (the one that was traditionally referred to as the root chakra) opens at or soon after birth and connects us to the Mother Earth. The next one (the crown chakra) opens a couple of months after birth and connects us to the divine (god). Then the rest begin to open and with it enable us to develop new, deeper perspectives and energy until all 12 are open. We don't yet know how each of the 12 chakras opens into 12 aspects (forming a total of 144) or how this makes us feel as the author of this article, Sarah Diggins has only recently experienced the opening of the groin chakra into 12.



Chakras: The Missing Chakra

The chakra which is located below our hearts had been intentionally pre-programmed not to work. This may be easier to understand when you discover, like we did, that this chakra governs our connection to all; the one-ness of humanity. The separation can be no more when this chakra is switched back on. So important was this connection and awareness for our ascension that the author of this article, Sarah Diggins, dedicated her time to opening up this chakra for all humanity, which of course would have been impossible without help and, after the session, she discovered that she had had the support of over 1 billion angels! Two months after this chakra was opened, she has noticed that it still resonates at around 98-99% for most of Armichi Wellness clients.



Physical Changes: Reverse Ageing and Breatharianism

With all this extra light we are benefiting on the physical layer too. All of us will be reverse ageing and for some, this has already happened, although only by a few months; the author of this article has reverse aged by 6 months. Our Resonance Tests have shown that each of us has a set age that we will reach during this reverse ageing process so that our bodies will be strong enough to thrive during our entire incarnations on new Earth, which currently tests at around 1000 years. Then, as we hold more light, we have less need for food and are becoming more breatharian. This is where our cells can obtain hydration and nutrients from consciousness. It doesn't mean we don't have to eat but that now we have a choice. The author of this article tests as just over 71% breatharian but she still eats! We will also find that the foods that now seem appealing are much lighter, such as raw fruits and vegetables as their resonant frequency is more in alignment with our new higher vibrational set point. We will also no longer feel or be restricted by dietary conventions that state we must eat a certain number of times a day or that we must eat a certain amount of protein. You will find that you can break all of these 'rules' and still thrive since your cells are becoming supplied with all of the water and nutrients they need through consciousness.



Revelations: Telepathic and Information Downloads

We have noticed that once Levels of Consciousness reach 1000 and DNA strands reach 144, we are blessed with receiving more and more revelations, such as non-verbal information downloads and telepathic communications, that seem to arrive in concentrated packets of energy. These revelations include off-planet messages which are always unique to each individual since we all have our own missions. During our [Armichi Method Healing](#) sessions we often receive off-planet messages for the person experiencing the session. These have been many and varied and include information about personal missions and roles on Earth, information from soul groups and information about the person's soul heritage. We are sometimes given poignant messages from the souls of currently incarnated family members and sometimes even witness whole conversations between them!



Triggers: Reveal the Invisible Barbed Wire Cloak

As we ascend, our Levels of Consciousness are increasing which is leading us to experience more triggers from the people and situations we find ourselves in. This is because, as the levels of light within us rise, so too does our vibration. The frequencies of the limiting emotions, like anger, grief, self-hatred, that we hold are lower than our light body frequencies. These frequencies act like an invisible barbed wire cloak which

we have been restricting us for eons and yet most of us are completely unaware - for instance - that the anger within is not actually part of who we are. As we ascend, the difference between these limiting emotions and our soul grows and, since we cannot ascend in a state of duality, we begin to experience more and more situations where we are given opportunities to recognise these limiting emotional frequencies. The world around us is a reflection of our internal vibrational set point and so anytime anyone, anything or any experience triggers a reaction from you, this reaction is simply revealing a separate and discordant frequency. We have also noticed the people around us having frequent emotional outbursts (triggers) and then having times of calm (assimilation). We believe these times of calm are giving us the breathing space we need to assimilate the new, higher vibrational set point that we reach, each time we have integrated one separated aspect of ourselves.



Triggers: How to Integrate Frustration - an Example

Let's say that you are finding life frustrating and that keep experiencing frustrating situations. This is to show you that you are resonating for frustration. Once frustration is no longer separate, then you will no longer experience any situation or interaction as being frustrating. And this is one small step towards unification and ascension. We show you how to do this using the neutralisation-deletion-integration technique in our post [Revealing not Healing](#). This process is on-going and we recommend everyday paying attention to how you are feeling in that day and using this as a guide for your integrations the following morning. All integrations need to be repeated until there is no more separation and you have achieved a state of complete neutrality and then you are able to view the world from the soul's perspective of conditional love and understanding, rather than through the ego field. Once integrated you will experience an immense sense of relief, calm and expansion because part of that barbed wire cloak of limiting frequencies has been removed and you have been partially freed!

If you would like us to teach you how to integrate please book into an [Armichi Method: Integrate & Liberate](#) service where we integrate your main resonant emotions and empower you by teaching you how to do your own integrations. It is a truly liberating and beautiful experience and often we find that the associated physical symptoms disappear after the emotion has been fully integrated.



Triggers: Easily Spot What You Resonate For

The key to dealing with triggers is to become an observer of yourself. Watch how you react during the day, notice how you are feeling and what you are thinking. Listen to that internal dialogue you have with yourself after you've engaged with someone or experienced something difficult. Anytime you hear yourself commenting to yourself "I'm so annoyed" or catch yourself thinking "they're so stupid" or feel frightened about

something that may happen or feel sad about something that did, add these thoughts and feelings to your integration list. The more you ignore these thoughts and feelings the larger they will recur until you cannot ignore them. Notice also how we use humour to express these feelings in a less painful way. If you catch yourself joking "I don't care" take note of what may be the underlying frequencies, eg pain, anger, apathy, confusion, disappointment, rejection, etc and recognise these separations within you.



Triggers: Unification is not just about Emotions

When you have reached the point at which you no longer react to anyone or anything, no matter what they do or say, then you can say that you are - at least emotionally - unified. Unification is not just about limiting emotions but discordant frequencies and many other separations. Those that we are aware of are already included within in our [Armichi Method Healings](#). As we ascend and our awareness grows we continually add and augment the sessions with new processes.



Discerning Information: Source and Authenticity

The unification process enables the ego-field to dissolve and then we are able to discern information as to its authenticity and source. We have become aware that almost all information that we currently use originates from the 3rd dimensional projection. That is to say that it is information based on a projection, not from source. At Armichi Wellness, we place great importance on ensuring that the information we provide on this site is direct from source. We repeat very little information obtained from the 3rd dimension and, if we do, we always Resonance Test its authenticity. As you ascend, you will start to see all information and the whole foundation of your life disintegrating since it has been based on a projected reality rather than from god consciousness. This will be difficult for many since we all of us have relied on this information to define ourselves and the world around us. It will be an easier transition if you start to question everything you have ever been taught or believed to be true. Using Resonance Testing to discern the source of this information is very helpful and you can learn Resonance Testing using the extensive free resources published in our [Articles](#) on this site or through our [one-to-one lessons](#).



Discerning Information: Channelling

We all of us have the ability to channel but not everyone has yet learned to trust what they hear! As your Levels of Consciousness rise and your DNA strands increase to 144, you will find that you have greater and easier access to information such as off-planet messages, past life experiences and telepathic communications. We have also found

that increasingly dreams are used to provide us with information and often dreams can show us what our souls were up to while the physical body was resting. What you do during this time will be according to your soul mission and contract. The author of this article, Sarah Diggins, finds herself in many situations where she is using light to overcome the dark energies. When you first start out it is difficult to know if that message is something you made up in your head or truly channelled information. You may not be able to tell if that dream was just a random dream or an off-planet message or an interpretation of what your soul was up to while you were sleeping! That's where Resonance Testing comes into its own because it gives you a quick and instant verification of what you heard, what you saw and what the message was about.



Discerning Information: Synergy vs. Messages in Everyday Life

As we learn to live guided by our soul, rather than ego, we find that life has fewer difficulties, that things seem to flow more easily. This is because the projected 3D reality is being created in the image of god consciousness (the divine) and not ego. For instance you will notice how traffic lights change to green just as you wanted them. When you need to talk with someone but have lost their number, they call you. You no longer have to hunt through all the job vacancies because an unexpected opportunity presents itself.

However, not everything that happens is a specific message and you will learn by experience how to discern the difference between experiencing the synergy of living in a divinely aligned world and the messages within that world. For instance, there is often talk that 3 repeating numbers, such as 111, 222, 333, each have a different meanings. Our Resonance Tests have shown that there is no difference in meaning; they are simply an indication that you are experiencing life in alignment with your soul. However, sometimes you may see a bird or butterfly or other animal that seems to linger or even comes up to you. We have discovered that there can be messages conveyed by the angels or other off-planet sources and so pause a moment and quiet your mind and listen to what you are being told. If you are not sure if there was a message, you can use Resonance Testing to check with curiosity and an open mind.



Expansion: Multi-dimensionality

Although the path to ascension is unknown, one thing for sure is that we are all expanding; in light, love, consciousness and awareness. With this expansion we have observed that we are gradually breaking some of the third dimensional constraints. The concept of multi-dimensionality is not new and not in doubt, but the experience of it is another matter. You will find that as your Levels of Consciousness increase towards 1000 and your DNA strands reach 144, you begin to experience what multidimensionality feels like. At first in fleeting moments. Then, like learning to ride a bike, you will begin to be able to feel your consciousness expanding through the dimensions. It is an

unmistakeable feeling and once felt, you may not be able to recreate for a while, but you will never forget. You can help this experience by opening your sternum chakra through intention and putting your hand on it, as this is the gateway to multi-dimensionality.



Expansion: Instantaneous Healings

We have read about healers who've done instantaneous healings but it wasn't until the author of this article, Sarah Diggins, unintentionally gave an instantaneous healing that she realised that this was an ability we will all have. An instantaneous healing feels like an instant expansion and, although we haven't yet worked out how to recreate these instantaneous healings, we have experienced a few. We will update this article if we gain this information! However, what we can say is that they are real, they happen immediately with no waiting around needed and that you will be able to heal instantly.



What Happens During Ascension?

Our experience of the ascension process and Resonance Tests show that once we have reached a Level of Consciousness of 1000; have 144 DNA strands; our 12 Chakras are fully functioning and each has expanded by 12, giving us 144 energy centres; and we are fully unified, then we will be about 99% ascended. We don't yet know what else will happen for us to be 100% ascended but when we experience it we will share it.



Ascension Timeline

There is much speculation as to when we will ascend. A date of 2032 has been mentioned currently our Resonance Tests show:

- *There is a 99% probability that by 2048, all people on Earth are ascended beings.*

We wish you much love on your ascension journey and hope this article has helped. If there are any articles or research topics you would like us to write about please [contact us](#) and make your suggestions, thank you!



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