

## Awakening Ascension Navigation tips by Zahara Celestial

- A. We are energetic Beings. Conduits for Divine Creation and Communication. Which comes through Codes in Energy. Most of the energetic downloads occur during the night.
- B. We are sleeping in deeper and higher states of consciousness. Moving between the different resonances. In order to receive the Energy upgrades and information. The different states are:  
Beta - Alpha - Theta - Delta (Deeper slower)  
Gamma - Lambda ( Higher faster)
- C. Understanding that we are StarSeeds energetically bridging the 3D with the Higher Dimensions allows the ego/mind to relax/calm.
- D. We chose and choose all our experience. We can also choose how we receive the energetic downloads. This is part of our evolutionary remembering and learning.
- E. We will need extra time to adjust and therefore assimilate energies between different environments along with states of deeper consciousness in sleep.
- F. The energies move in WAVES. Be conscious self aware of how our emotional states respond to these 'highs and lows'. And find our non-attachment still point equilibrium as we move through.
- G. The High energies moving in our bodies can feel physically like anxiety. Such as buzzing vertigo heart pounding jumps eyesight issues headaches tingling waves in the body etc. And/or Feelings of disorientation unease or not knowing where we are. Acceptance is Key. What ever the cause remember all is ENERGY.
- H. When we relax and trust. We come to a state of Peace and Calm. The energy can go where it needs to.



1. Take time to wake up. Do not rush out of bed. Allow your consciousness to adjust. (I have had a lot of trauma as a child so have experienced a lot of anxiety. I am learning that as I wake up the high energies that are moving through my body are downloads. And so I have reprogrammed my mind to realise that this is not anxiety that all is well. Allow the energies to settle and any excess to be moved into the Earth. Which is also part of my job as Gatekeeper Gridkeeper )
2. Practicing being in different states of consciousness in awake states of being will assist the body to assimilate higher energies. And will assist the body and mind to be and move between different dimensional states of Being.
3. Breathing really helps. Deep breathing from HARA.

4. The Ego/Mind needs reminding. For the programming is not just attached to individuals. We are surrounded by this programming by the Collective Unconscious.
  5. Remember that the Collective is Awakening.
  6. All is energy. All is in motion. The Heart is the place of stillness.
  7. Ground and relax allow any tightness holding on to go. Stand Walk Bare feet (no socks no shoes!) on earth rock soil sand grass.
  8. Call in Grace and Gentleness. Can be with Quan Yin or Mother Mary Lady Nada for instance.
  9. Listen and learn and be guided by the body.
  10. Be open to your dietary needs changing.
  11. Breathe into through within the HEART.
  12. Congratulate. Praise. Send Love and Gratitude to yourself and outwardly.
  13. Ask for assistance from Galactic Federation of Light Ascended Beings Source.
  14. Send forgiveness to where this is needed.
  15. Connect with Higher Self and anchor in the body.
  16. Use subtle energy medicines. Such as Bach Flower. Colour Essences. To allow the body to assimilate the Lighter Vibrational resonances.
  17. Drink 2 Litres of Filtered/ Spring Water daily.
  18. Take mini sleeps rest lie down in the day when needed.
  19. Meditation - still walking moment ( mindfulness yoga etc)
  20. Tune into JOY and the Beauty of Creation.
  21. LOVE
- You may have others.  
These are the key ones I use.

Love Zahara