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SPIRITUAL AWAKENING TOWARDS SELF ASCENSION

Everyone's spiritual awakening journey is sacred! There is no right or wrong way, only a difference of perspective. A spiritual awakening journey can take on many different forms, for some people it's a time of great contemplation where we start to think back on our life and begin to question just about everything. Within us there is a deep knowing or feeling that there is so much more to life than what we are already existing in and that something in our life is missing and we want to pinpoint exactly what that is. Some people including myself have had a divinely timed spontaneous spiritual or kundalini awakening during dreamtime or in a meditative state and have had extraordinary experiences where they were attuned or initiated by high vibrational light beings. Some have remembered a healing technique that felt familiar and have a deep knowing that they have done this before and all of a sudden their abilities have started to come on line and they remember exactly what their purpose or mission is on earth. Many people have also had high vibrational light beings guide and assist them to reconnect and remember the true masters that they are and they are now on their journey to helping others to know this truth. During a spontaneous spiritual or kundalini awakening, some people are experiencing upheaval in their lives and are struggling with opening up their higher heart chakra and experiencing ascension acceleration energy experiences and discomfort and they don't know what's going on and what's happening to them and where or who to turn too. This does not mean that the ones who have remembered their purpose or mission on earth doesn't experience ascension acceleration energy experiences or discomfort, all of humanity all around the world are experiencing them, but some people know what's going on and have done deep inner soul work, have mastered their healing techniques, skills and use certain tools to help support them physically, mentally, emotionally, energetically, sexually and spiritually. Sometimes we may feel like it seems that our journey ahead is endless and we may have many questions, concerns and feel so overwhelmed with doubts and fear. The first step is to come out of our comfort zone and make that commitment to ourselves to practice self love daily and to do our inner soul work. It is very important for us to have our higher heart and ego mind balanced and in harmony. This is necessary to further our spiritual growth and connection to our higher self, I Am Presence and to achieve then to maintain a blissful ascended state. During our healing process we may discover who we truly are and what our purpose is, in divine time doors full of new opportunities will open up for us, we just have to have complete trust in ourselves that everything is going as planned. For some people the truth of who they truly are may be a very slow progression and for others, they might achieve this quicker. There should absolutely be no judgments about this as no one is better than the other! We need to understand and accept that our spiritual awakening journey is uniquely special and it's all about patience, unconditional love, compassion, forgiveness, awareness, higher consciousness, acceptance, self observation, inner peace, courage, confidence, trust, deep inner soul-work healing, service to others, connection to Source, Our Higher Self, I Am Presence and to make our Divine Organic Ascension in this lifetime! WE ARE ALL POWERFUL, BEAUTIFUL DIVINE LIGHT BEINGS ON EARTH WITH A PURPOSE AND A MISSION! WE ARE TRUE MASTERS!

THE GREAT SOLAR FLASH

About every 26,000 years, our solar system passes through highly energetic geometric boundaries in our galaxy which causes widespread transformational upgrades of DNA in all life. After crossing through the galactic equator in 2012, our consciousness quickly began ascending. As the solar system passes into the highly energetic cloud, all particles are increasing in vibration and crossing over into 5th dimensional reality. The cloud is feeding energy into our sun and charging it up to release a series of great solar flashes building up to a huge global event. Flashes cause a shift in consciousness as our DNA fully activates, these waves of energy from the sun are bringing in higher light frequency (lightcodes) causing us discomfort and affecting us physically, mentally, emotionally, spiritually and energetically. These Ascension Acceleration Energies are transforming us in all aspects of our life and for spiritual growth to occur. All lower negative vibrational density and evil cannot continue to exist in the new higher vibrational frequency, people will either check out or their hearts will fail them for fear.

SCHUMANN RESONANCE MOTHER EARTH'S HEARTBEAT

HOW SOLAR FLARES AND GEOMAGNETIC STORMS AFFECT US

Wikipedia - "A solar flare is a sudden flash of brightness observed near the Sun's surface. It involves a very broad spectrum of emissions, requiring an energy release of up to 6×10^{25} joules of energy (roughly the equivalent of 160,000,000,000 megatons of TNT...

Flares are often, but not always, accompanied by a coronal mass ejection. The flare ejects clouds of electrons, ions, and atoms through the corona of the

sun into space. These clouds typically reach Earth a day or two after the event." - Wikipedia

Solar flares are a space weather phenomenon that can greatly impact our human bodies and lives, biologically affect us, and consequently affect our ability to cope.

They can influence our brain activity and sense of equilibrium, central nervous system, psycho-physiological and emotional self as well as behavioural tendencies.

On a higher consciousness level they serve to transform us on a cellular level, and they can tear apart old patterns and influence us to make changes in our life, even if it is from a more sub-conscious level. This internal shifting might bring fears up to the surface.

Here are some common, specific symptoms people might experience during a period of solar storm activity:

- **headaches or migraines, the feeling of pressure in your head**
- **feeling 'off,' agitated, uneasy or out of kilter**
- **lethargy, exhaustion**
- **nausea, queasiness**

- heart fluttering, racing or palpitations
 - hyper-tension (high blood pressure)
 - hot flashes
 - high-pitched ringing of the ears
 - dizziness, the jitters or vertigo
 - visual disturbance
-
- feeling confused, bewildered, unclear, foggy-headed or sporadic short-term memory loss or forgetfulness
 - issues with sleep such as interrupted sleep, waking up too early or late, not feeling like you had enough
 - vivid or stressful dreams
 - feeling stressed
 - anxiety & worrying
 - irritable mood
 - depression,, sadness grief, despair
 - increased sensitivity
 - general overwhelm or feeling like you just can't cope
 - the feeling of losing track of time, or "Where did my day go?"
 - you might also notice technological & tele-communication disturbances, such as computers going haywire

Wikipedia describes geomagnetic storms as:

"...a temporary disturbance of the Earth's magnetosphere caused by a solar wind shock wave and/or cloud of magnetic field... The increase in the solar wind pressure initially compresses the magnetosphere. The solar wind's magnetic field interacts with the Earth's magnetic field and transfers an increased energy into the magnetosphere. Both interactions cause an increase in plasma movement through the magnetosphere (driven by increased electric fields inside the magnetosphere) and an increase in electric current in the magnetosphere and ionosphere."

Geo-magnetic storms are highly transformational. They might be happening and you are not even aware of it and how it is influencing your daily life.

Like solar flares, it is said by some that geo-magnetic storms actually help us receive energetic '*downloads*' and ascend as we move from our physical body to our '*lightbody*' (a higher energetic and spiritual state. moving closer to the higher dimensions).

They offer us '*upgrades*' and assist in the transmutation and changing of our DNA. This is a process, not something that happens overnight.

Here is a list of symptoms associated with the phenomenon. During a storm, you can expect any of the following:

- **headaches or migraines**
- **breathing issues**
- **sleeping issues (such as insomnia, interrupted sleep, not getting a full night's rest)**
- **tingly head (crown chakra activation)**
- **irritable mood**
- **losing items or they somehow mysteriously return**
- **time warps / glitches - you lose periods of time, or have odd experiences such as feeling like only a few minutes have passed and yet you look at the clock and it's actually been an hour, or the other way around.**
- **being aware of other dimensions**
- **seeing or sensing spirits, heightened paranormal activity**
- **sudden insights and revelations that seem to come out of nowhere**
- **an experience known as the 'Mandela Effect'**
- **technology / tele-communication devices, computer systems going haywire**

We are all going through the Ascension process and experiencing Ascension Acceleration Energies at this time, whether you know this or not! We are experiencing the amplification and acceleration of these unique crystalline Christ frequencies that are activating new states of consciousness and beingness on Mother Earth right now! Mother Earth has achieved a Christed level and is opening the organic stargate systems deep within her crystalline core and it is reunifying us with the organic stargate influxes that has been going on since these acceleration energies of this 222 year. The sun is blasting out pure frequencies, pulses, flashes and waves of the highest level of photonic light we have ever experienced yet and it's purpose is to change our consciousness, DNA and crystalline structures, so that they assist embodiment of the I Am Presence, increasing the crystalline lightbody and accelerating our trajectory of our timelines of the pure and true organic Ascension. When our crystalline structure and crystalline DNA are activated and our heart coherence are maintained, we are now a delivery system for these levels of frequencies, light, rays and cosmic influxes that have never been experienced in this kind of physical form in order to transform and transform consciousness from the inside out. The changes in the magnetosphere on Mother Earth is causing the veils between the realms to wear thin and unprotected. During the geomagnetic storms, there are openings where cosmic influxes comes straight in the crystalline core of Mother Earth and straight into the heart centre in the crystalline structures. This is the reason why so many of us are experiencing these presence activations! This is happening because the magnetosphere that used to keep the veils

intact are now dissolved, so as this dissolves we have astral collapse. We no longer continue to have the ability to maintain illusion, densities, old narratives or dimensions in the old ways of being in the body itself. The astral collapse, the trajectory for the entire collective feels like we cannot tell the difference between dreaming and waking state. This feels very floaty and fluid because the time structures are collapsing, as the veils used to separate our waking and sleeping time.

We may be experiencing:

- * Acceleration of time, (time speeding up, quickening).**
- * Feel the sense of the UNKNOWN RIDING IN THE FIELD.**
- * A sense of higher state of consciousness, higher frequency, that are starting to override the realities.**
- * All these activations, new light and frequencies are making us feel heavy, (our carbon based bodies feel heavier than usual), exhausted, stressed and anxious (anxiety).**
- * The entire nervous system is getting stimulated and triggered, this may bring on shakiness, vibrations and emotional exhaustion. The nervous system is the delivery for crystalline lightbody upgrades. We can help integrate this by getting frequent reiki treatments, keeping up with our intentions, DNA and CHAKRA activations and self love practices.**

The soul has had it, it is done with the linear experience! 3D, 4D is already gone! We are just catching up and experiencing the influxes of it until we can fully anchor 5D and beyond and handle multidimensionality. Many of the Ascending collective

has achieved a state of pure consciousness and are holding this vibration for humanity.

ANUNNAKI

Anunnaki are off world beings posing as Gods who genetically engineered the human race a slave species to influence human affairs for millennia. Anunnaki introduced the concepts of money, finance and debt to human societies. Anunnaki race brought sophisticated megastructures such as the pyramids or stonehedge. Anunnaki are draconian, reptilian race aliens that survives because they are feeding off of fear and negativity from humanity. Anunnaki imposters continue to manipulate humanity from seats of political corporations and financial power. Anunnaki race have manipulated DNA to implants such as, negative programs, mind control, fear programs, death hormone implants, suffering, manipulating victim archetypes, false identity, illusions, matrix programming, belief systems, contracts, mental health, money systems, control grids, attachments, patterns, habits, addictions, inherited ancestral baggage, illnesses, sicknesses, diseases, trauma, heaviness, blockages, past lives, karma, all earthly preoccupations, acting out drama from ego, etc... to keep humanity in low vibration so we cannot experience the Divine Organic Ascension. Our DNA have 12 strands but we are working only with 2 strands, the other 10 strands of DNA are dormant. Our 12 strands of DNA are connected to our 12 chakras, WE MUST DEACTIVATE AND SEVER FROM ALL BLACK MAGIC AND DNA IMPLANTS, NAA, AI, ANUNNAKI, DRACONIAN, REPTILIAN, ALL EVIL, NEGATIVE, DARK ENTITIES AND FALLEN ANGELIC ENERGIES, MEDIA, NEWS, SOCIAL MEDIA, PLATFORMS, TELEVISION, ALL CORRUPTION, DISCORD, DISHARMONY, ETC... AND ACTIVATE OUR DIVINE ORGANIC 12 STRANDS OF DNA AND CHAKRAS IN ORDER TO ASCEND IN THIS LIFETIME!

THERE ARE MANY WAYS TO ACTIVATE OUR ORIGINAL ORGANIC 12 STRANDS OF DNA

FIRST* We need to be Awake and Aware of all the illusions that have been playing in the 3D false matrix for centuries and we must deactivate from all of it!

We must energetically do our inner soulwork to unblock, clear and release these negative energies by sending out the highest vibrational intentions.

We must have unconditional love, compassion, patience, no judgments and forgiveness for ourselves and others.

Throughout the detoxification process, we must address what comes up the the surface for healing. Whatever comes up, acknowledge it, love it, thank it, forgive it and let it go!

We must face our fears head on such as, ego shadows, dark night of the soul and release the lower frequency energies from our first three chakras, the root, sacral and solar plexus that are connected and linked to earthly preoccupations etc...

I encourage getting support through family and friends who are on the spiritual path or are on the Ascending path that have already made this consciousness shift beforehand, who are still coexisting on the planet with many people that are still maintaining the lower frequencies of the 3rd dimension but who have skills, techniques and other ways to keep their consciousness high enough to stay in the Ascended State.

Connecting to Source, I Am Presence, Mother Earth & to your Cosmic Family, Reiki Energy Healing, Inner Soulwork, Sacred Geometry, Meditations, High Vibrational Crystals & Music, Compassion, Kindness, Unconditional Love, Gratitude, Spiritual & Enlightened Books, I Am Discourses- Saint Germain Series, Positivity, Self Love, Service to others, Schumann Resonance Light Waves, Influxes & Energies of Light all naturally Activate & Upgrade your DNA & Chakras!

BENEFITS AND SIDE EFFECTS OF DNA AND CHAKRA DEACTIVATIONS

The DNA and chakra deactivation comes with many benefits and profound transformations, but also with many side effects during the detoxification process.

- ~ Brings in light, clarity to your mind, body and spirit.**
- ~ Activates dormant STARSEED DNA STRANDS that are your GOD/GODDESS given talents, gifts, skills, creativity and abilities that are your BIRTHRIGHT and empowers you to maximize them to your fullest potential.**
- ~ Assists in clearing and releasing ancestral genetic lineages and karma.**
 - ~ Deeper spiritual connection.**
 - ~ Heals trauma.**
 - ~ Attracts healthy relationships.**
 - ~ Let's go of limiting beliefs and beliefs systems.**
 - ~ Parasitic clearings.**
 - ~ Better digestion.**
 - ~ More abundance and heightened manifestation.**
 - ~ Reduces fear, pain, anxiety and stresses.**
 - ~ More synchronicity.**
 - ~ Physically, mentally, emotionally, energetically and spiritually healing.**
- ~ Career changes, service to others, tied to soul purpose and missions.**
 - ~ Disentangles family, relationships and friendships.**
- ~ Assists in forgiving oneself and others, moving on, severing cords and attachments.**
 - ~ Judgments eases for oneself and others, more unconditional love and compassion.**
- ~ Zero tolerance for negative energy from family, friends, 3D collective.**
 - ~ Trusting your intuitive nature.**

- ~ Highly creative and higher consciousness, peace, inner joy and happiness.
 - ~ Higher heart chakra expansions.
 - ~ Physic abilities “Clair’s” coming on line and stimulated.
 - ~ Astral travel, remote viewing, telepathic communication etc...
 - ~ Multidimensional growth and awareness.
 - ~ Regain personal will-power, you stand in your authentic self.
- ~ You no longer care what anyone thinks of you or need their approval.
 - ~ You begin to take care of yourself first and speak your truth.
 - ~ Intense vivid dreams.
- ~ Loss of fear, the veil has lifted, you are able to see through all the false dogma, density illusion, media, matrix etc...
 - ~ Alignment with your souls purpose faster.
 - ~ Integrate Ascension Acceleration Energies into your physical body more smoothly and and quicker.
 - ~ Healing past life imprints.
 - ~ DNA regeneration, reverse aging, better cellular-level communication.
- ~ Sudden Awakening of ancient memories to your original organic lineages (cosmic family).
- ~ Reconnecting with your original organic Starseed lineage (soul family).
- ~ Transforming the frequencies of fear into love and reignite the Cosmic Ascension process.
 - ~ Embodiment with Higher Self, I Am Presence...

DNA/CHAKRA DEACTIVATION AND ACTIVATION SIGNS AND SYMPTOMS OF DETOXIFICATION

Once you have deactivated and activated your DNA and CHAKRAS, you may experience some or most of the symptoms of detoxification listed below. These signs and symptoms listed below are not in any particular order! Your body will most definitely go through a detoxification process that might not be so pretty, but we must have patience and unconditional love for ourselves during the process. Some of us clear and release much faster than others and some of us take longer, this may be because of stubborn blockages within the body, how much previous inner soulwork achieved so far and how long it takes for our body to heal and balance itself. Remember we are all unique and powerful divine beings on earth! Deactivation assists in removing negative energies that hold you back from Ascension and living your best life and achieving your souls purpose!

SIGNS AND SYMPTOMS OF DETOXIFICATION ARE:

More than usual urinating, diarrhea, stomach cramps or pain, body aches, pain and chills, joint and muscular pain especially in the neck and back, soreness, emotional release, emotional exhaustion, intense crying, headaches, migraines, dizziness, vertigo, lightheaded, insomnia, nausea, vomiting, weakness, extreme tiredness, fatigue, lethargic, restlessness, irritability, sadness, anger, aggressive, fearful, mood swings, sluggish, anxiety, spacey, fogginess, confusion, need more sleep, rest, naps, runny nose, itchy throat and eyes, allergies, sore throat, sneezing, fever, sinusitis, anxiousness, acne, rashes, itchiness, acid reflux, gas, burping, extra mucus, depression, dark night of the soul

(ego shadows). If you are experiencing other symptoms that are not listed here, then write them down! In fact, start journaling your experiences daily and share them to help others who are experiencing this too and are on a healing journey towards Ascension! We need to stick together and help one another, together we are better and stronger!

FAKE MATRIX

Fake matrix is in each of us, it is the body of suffering, limitations, illusions and misperceptions, creating all disorders, diseases and death. The matrix is an implanted programmed mind that is responsible for inflation of the ego, humanity is submerged in a collective hypnosis, the victim of a spell curse, entangled in the wheels of a false matrix and humans are used as pasture, their energy is vampirized. The project of the earth and universe is the destruction of the false matrix and the reinstatement of the true creative matrix, AS LONG AS WE ARE PLUGGED INTO THE MATRIX, WE WILL NEVER GET FREE! WE MUST DEACTIVATE FROM ALL OF IT!

THIRD DIMENSION

3D consciousness is made up of low, dense vibrational frequency and operates in duality and separation. Those who are operating from the third dimension look at things from a linear prospective and only understand what they can see and touch as being real. Life feels like survival of the fittest, meaning only the strongest will survive and the weak will die. We are identified by the way we look, the job we have and the car we drive. In this consciousness there are many programs that condition the human mind to operate in this state.

Illuminati, deep state, cabal, wars, false flags, suffering, fake news, media, pollution, financial slavery, limited resources, belief systems, DNA manipulation, lies, greedy, mind control, deceit, not aware of your power, matrix programming, money systems, debt, mental health, illusions, self serving, earthly preoccupations, addictions, habits, patterns, attachments, fear programs, judgments, competitive, materialistic, jealousy, fake matrix, need security, controlling, emotionally charged by past and future, reactive, egotistical, actions based on fear, divisive, lack of compassion, identifies with physical body, fight or flight etc...

FOURTH DIMENSION

4D is the gateway to 5D but still operates in duality, it is the beginning of recognizing this is something more than self. 4D consciousness begins to AWAKEN you to the idea that we are all connected and there is more to life than what we think or know. This is when we become curious about exploration and want to find all the answers, we begin to

connect to something more than ourselves. This is referred to as an **AWAKENING!** 4D is a way of living, loving and working where the primary focus is on engaging and connecting with each other through self awareness and effective communication. Physically ~ communicating with our bodies, the way we behave and what we do. Emotionally ~ communicating from our higher heart, the way we feel and make others feel. Intellectually ~ communicating knowledge, information and using our abilities to think logically and creatively. Intentionally ~ communicating the personal values and beliefs that drive us, consciously creating the impact, life and career we choose.

The bridge between 3D and 5D ~ You begin to question your reality, you begin to take better care of your mind and body, you begin to observe yourself such as, habits, patterns, addictions, unhealthy relationships, attachments, etc... you begin to do deep inner soulwork and purge negative emotions, beliefs systems etc... to let go of what doesn't serve you any longer, finding your purpose, intuition and abilities begin to come on line, you seek a deeper meaning in your life, you begin to **AWAKEN** and transition from egoistic fear based reality to unconditional love, expanded higher consciousness, tapping into collective consciousness, you begin to see beyond the veil, realizing that something is changing, shifting, evolving and perhaps realizing that things are not right in our world, you begin to question relationships, family, friends, careers and it's all falling away, meaningful job that serves others, achieving a positive mindset, aligning with your purpose or mission, remembrance, more compassionate to self and others, seeking answers to your questions, research, healing ancestral and past life traumas, akashic records, manifesting, Synchronicity, freedom from fake matrix programming.

Access to fourth dimensional space-time, no time, no darkness, ability to time travel, teleportation, collective mind, expanded time, astral realms, self observing, transforming the self physically, emotionally, mentally, energetically, sexually and spiritually, dark night of the soul, ego shadows, deep inner soul work, balancing the ego and heart, awareness, open mind, etc....

FIFTH DIMENSION

5D consciousness resides in love and neutrality, there is no duality and no good or bad. In 5D there is no competition and we know there is enough in the universe for everyone. There are overwhelming feelings or experiences of unconditional love and compassion for oneself, others and the planet, peace, bliss, harmony, stillness and freedom are experienced in this Ascended state and we create peace on earth. We live free from any conditioning with ourselves and others, we know that we are beautiful, powerful, divine light beings on earth. Completely connected to our Higher Self, Mighty I Am Presence. We are the Ascended Master, this is known as self mastery!

The realm of love and oneness, freedom, trust, neutrality, presence, abundance, soul based identity, unity consciousness, unconditional love, peace, comfort, harmony, stillness, higher energy frequency, instant manifestations, higher heart chakra expansions and our higher heart leads the way, compassion, kindness, no judgments, trusts in divine order, fearless, positivity, guided, supported, co-creator, inner happiness, light, fluid, weightless, effortless, universal knowledge, grateful, gratitude, service to others, healer, self-realized, no limits, without density, duality and linear time dissolves, no need for possessions or status, supernatural abilities, third eye chakra open, all

chakras aligned, upgraded and balanced, upgraded DNA, world peace, telepathy, telekinesis, lightbody activation, multidimensional travel, merkaba, enlightenment, one with all that is, self mastery, Ascension, etc...

FIFTH DIMENSIONAL NEW EARTH SHIFT

We are shifting out of third dimensional experiences with the rapid energies of the fifth dimension. Many people are experiencing changes in the body, mind and emotions called Ascension Acceleration Energy Experiences! As we leave the third and fourth dimension, we will Ascend into the fifth dimensional frequency, very far away from illusions, fear, suffering, false matrix programming etc... Beings who are in the fifth dimensional state see the pain, suffering, illusions and everything that is happening on our planet but they don't get sucked up by it. Fifth dimensional beings have done their deep inner soulwork and embodied the ability to hold so much light and are susceptible to fear, they rely more on what is happening inside of themselves to navigate life on earth. Human beings in third dimension are programmed to see limitations while fifth dimensional beings have a calming, peaceful sense about them and only view things from a higher vibrational state and from a state of unconditional love. Fifth dimensional beings have mastered the ability to hold higher consciousness and fifth dimensional vibration and provide higher vibrational frequency to everyone they come across, all living things and the planet. A fifth dimensional beings are more fluid and light to easily allow them to travel between dimensions, they know they are Ascended Masters themselves and know their true purpose and mission on earth paving the way for others. The fifth dimension is not a place to reside upon, it's more of a state of higher consciousness.

TIMELINES

A timeline is an apparent linear flow of experiences that include a remembered past, an ever new present and a future. It is important to activate and claim your highest timeline and release all other timelines you have any connections with. This allows for a greater opening and clarity around your highest timeline. This timeline leads to the **NEW 5D EARTH FREQUENCY** and as you align with this timeline higher beings from your future can start to assist and support your spiritual growth. The present "now" creates a new reality in each moment. The present "now" is the only real time that exists, each new present "now" comes with a fully developed past, present and future. As we move from one present "now" to the next, we create and experience the "flowing river of time". As we choose the next parallel or present "now" to experience, we create our individual and collective timelines. You create your Universe completely in every present moment point. **THAT IS HOW POWERFUL YOU TRULY ARE! 3D and 5D Earth exists now, open your ability to see 5D Earth and higher frequency consciousness BY DOING DEEP INNER SOULWORK HEALING!**

**TIMELINE COLLAPSE
THE VEILS ARE BEING LIFTED AS WE SHED THE ILLUSIONS OF DENSITY**

The collapse of the 4th astral dimension and the present frequency of the 5th dimension has triggered the astral collapse, which is now closely overlaid with ongoing 3rd dimensional experience. The 3rd, 4th and 5th dimensions are firmly lapped and are often confused, it is possible to experience any of these vibrational states while engaging a seemingly ordinary life. The 4th astral dimension is where dark entities feed on us and harness our light, they will try to put us back into lower states of consciousness. This does not have to be necessarily just in the astral, this can happen in many ways. This can be done by humans who work for these dark forces or are possessed by them, as by many others who roam under false light. Fear, anger, lower states of consciousness, ego-self, people who are still ruled by their ego will stay stuck! We call in this distorted and disruptive energy from the astral by holding certain states of consciousness, this is literally food for stray astral energies that are seeking a new sense of stability. Those of us who have done the inner soulwork and have deactivated and severed all connections to NAA anunnaki/draconian energies, DNA implants, death hormone imprints, control grids, mind control, programs, patterns, manipulating victim archetypes, false identity programming, dissolved most of the lower chakra membranes (1D, 2D, 3D chakras) etc... will naturally expand in consciousness. Those of us on the Ascending path have already made this consciousness shift beforehand, while still coexisting on the planet with many people that are still maintaining the lower frequencies that descend with the 3rd dimensional timelines. This can be challenging, as we need to learn ways to keep our consciousness high enough to stay in the Ascended state.

Bring your hand to your heart, take a deep cleansing breath in and please understand that there is nothing to fear!

Connect to your Higher Self, Mighty I Am Presence and affirm to put you on the Original, Organic and Most Highest 5th Dimensional Timeline!

Those in the Ascension path continually experience their energetic healing by meeting the cellular memories that surface at different stages of evolution in the multiple timelines. Being able to tune into these various timelines and sense events or identities that exist in those timelines, is one definition of becoming multidimensional.

DARK NIGHT OF THE SOUL

ECKHART TOLLE: It is a term used to describe what one could call a collapse of a perceived meaning in life...an eruption into your life of a deep sense of meaninglessness.

The inner state in some cases is very close to what is conventionally called depression. Nothing makes sense anymore, there's no purpose to anything. Sometimes it's triggered by some external event, some disaster perhaps, on an external level. The death of someone close to you could trigger it, especially premature death, for example if your

child dies. Or you had built up your life, and given it meaning – and the meaning that you had given your life, your activities, your achievements, where you are going, what is considered important, and the meaning that you had given your life for some reason collapses.

It can happen if something happens that you can't explain away anymore, some disaster which seems to invalidate the meaning that your life had before. Really what has collapsed then is the whole conceptual framework for your life, the meaning that your mind had given it. So that results in a dark place. But people have gone into that, and then there is the possibility that you emerge out of that into a transformed state of consciousness. Life has meaning again, but it's no longer a conceptual meaning that you can necessarily explain. Quite often it's from there that people awaken out of their conceptual sense of reality, which has collapsed.

They awaken into something deeper, which is no longer based on concepts in your mind. A deeper sense of purpose or connectedness with a greater life that is not dependent on explanations or anything conceptual any longer. It's a kind of re-birth. The dark night of the soul is a kind of death that you die. What dies is the egoic sense of self. Of course, death is always painful, but nothing real has actually died there – only an illusory identity. Now it is probably the case that some people who've gone through this transformation realized that they had to go through that, in order to bring about a spiritual awakening. Often it is part of the awakening process, the death of the old self and the birth of the true self. ECKHART TOLLE

WHAT IS A SPIRITUAL AWAKENING?

A Spiritual Awakening is the beginning of a initiation or wake up call on the spiritual path. When we experience a spiritual awakening, we start to question our old belief systems, unhealthy attachments, thought patterns, habits, addictions and social surroundings. Spiritual awakening can be emotionally painful because we start to shed away many constructed layers that we have created and accumulated over many lifetimes. Spiritual awakening comes with great changes both internally and externally in your life, as you will begin to experience physical, mental and emotional turmoil as you release the lower dimensional energy from your body and you begin to integrate higher light and consciousness. When we enter a process of transformation that awakens our soul, an increase of awareness begins to take place. A spiritual awakening is a sudden expansion or shift in consciousness, a sudden insight into a transcendental truth and reality. There are many reasons why spiritual awakening happens, awakening can be overwhelming depending on what has triggered it. Triggers can be divinely timed, abruptly in dream state, major life crisis, tragedies, losses, health crisis, marriage, divorce or a near death experience, it is totally different for everyone.

WHAT IS ASCENSION?

Ascension is elevating the human consciousness to higher dimensional frequency and reality. Ascension involves moving beyond victim mode and into Divine Mastery Power! Ascension is about AWAKENING the human higher heart and returning to complete Oneness with God. It's about raising the outer atomic structure of the physical, mental and emotional bodies into the Electronic Structure of the I Am Full Consciousness, becoming an Ascended Master. Humanity has operated from a 3D consciousness level for centuries and the goal of a positive Ascension is to heal and transform ourselves so that we may serve others. As humanity evolves, we are Ascending into higher states of consciousness into the fifth dimension.

WHAT IS SELF ASCENSION?

Self Ascension is a pathway that opens the doorway of Enlightenment! The path of Self Ascension is paved with Peace, Love, Bliss and Happiness. Self Ascension is the realignment of your identity from the personality-self (ego) to the Divine-Self (Soul), which is your True Authentic Self. Self Ascension is the conscious recognition of the master you are while you are still in form. You simply need only remember and live your life with that knowing as a presence for others to do the same!

HOW DO I SELF ASCEND?

Ascension is your Birthright! The path of Self Ascension takes focus, courage, trust and requires guidance. It invites you to release the grip of the ego and reside in spaciousness, the ego will readily sabotage one's progress through the journey if one does not cultivate their inner voice. This path of conscious evolution is both challenging and rewarding, as we blend soul consciousness into our everyday experience, the acting out of dramas of the ego begins to first flare up and then permanently dissolve. As your authenticity emerges into your everyday life, you may be called to new opportunities such as a new career, a new relationship or experience other changes that can activate fear. Remember that fear is usually birthed from your inner child and as you claim your path of Self Ascension, fear becomes less motivating. Connecting and listening to your Spiritual Guidance opens the doors for the Divine Self, Mighty I Am Presence to come forward and live from your Divinity in a Heart Centred State that is full of joy and manifestly abundant! Self Ascension is a gift we give ourselves by embracing our Authentic Self, Peace, Love, Bliss and Happiness!

Self Ascension transcends the habit and belief that Peace, Love, Bliss and Happiness are emotions, they are a way of life! An Authentic pathway consists of these simple steps, these steps are in no particular order and the farther along the journey, the more purified they become. Once we are aware of the steps then we are ready to walk with them! They are:

**SURRENDER
FORGIVENESS
RELEASE JUDGMENT
UNCONDITIONAL LOVE**

SURRENDER ~ It is the moment when we stop making deals with the Universe! We often resist our Divine Birthright that we forget how easy it is to claim it. Surrender means to stop fighting, stop fighting with yourself, stop fighting with the Universe and the natural flow of things. Stop resisting and pushing against reality, whatever you are holding onto tightly, whatever is gripping you and causing you to tighten, let it go! Give it up! Turn it over and surrender it! As part of the Self Ascension journey it is simply the relaxing of the need to have all the answers. It is the precious gift of allowing the Divine to work through

us. Remember you are a Divine Being with great co-creative capacities, we often get in our own way and this is why surrendering opens the portal to our greatest connection and most abundant life. Our life's mission is to remember that we are capable of extraordinary achievements spiritually and to bring them forward. This becomes a simple process when we allow ourselves to surrender and breathe with the knowing that all is in Divine order.

FORGIVENESS ~ Is a strong dose of medicine and is a process that takes time, patience and determination. There is nothing more effective as forgiveness for healing deep wounds and studies have found that the act of forgiveness can reap huge results for your heart health such as, lowering the risk of heart attacks, diseases, blood pressure and improving cholesterol etc... when we forgive ourselves and others who have hurt us, we feel a sense of freedom and peace when we are no longer binded by our own anger. This helps us to move from selfish illusions to a more beautiful reality, forgiveness is hard work and we must not be so harsh on ourselves and others. With courage of letting go, patience and letting Divine Source into the process of forgiveness, we will grow stronger. Together with Divine Source, we can come to a time where forgiveness is intuitive and natural. What a blessed, powerful, positive and peaceful way to live! This also includes forgiveness throughout all your past embodiments (past lives) as well!

RELEASE JUDGMENT ~ To fully walk through this step it starts with the full and unconditional release of judgment of the self. To fully release judgment of the self means that it is time to get totally honest and real about your self judgments. Can you look into a mirror, smile and love what you see? Are you able to bring yourself into the role of observing your own life? We must fully release judgments of ourselves before we are able to release our judgments of others. The first step is to observe your thoughts for a few days and try to notice when you're being judgmental. If you find yourself being judgmental, **STOP AND QUICKLY TURN YOUR JUDGMENT AROUND AND MAKE IT POSITIVE!**

~ Fight judgment with love, empathy, forgiveness, kindness and compassion.

~ Stop judging yourself and let you be who you are.

~ Stop judging others and let them be who they are.

~ Stop judging life and let it naturally flow.

UNCONDITIONAL LOVE ~ Unconditional love comes from an **AWAKENED HEART**. Unconditional love means that the love is given freely with no expectations of receiving love in return, with no limitations and without conditions. Unconditional love is a natural quality of an opened heart, unconditional love presents in everything it creates a flower, a bird, a human being, a planet. When we **AWAKEN** we experience unconditional love from Source, from the Universe, a love so pure, a love so bliss, a love so peaceful and a love so beautiful. Deep down we know that we are never alone, **WE ARE ONE WITH ALL THAT IS!** Every soul is deserving of love, compassion and kindness, without question! We must

free ourselves from believing that we are anything other than unconditional love and the door of your true soul will open wide. When we send unconditional love to all souls on this planet, we are transforming the world! UNCONDITIONAL LOVE IS OUR GREATEST TOOL FOR HEALING AND ASCENDING!

ASCENSION ACCELERATION ENERGY EXPERIENCES

The waves of energies of the fifth dimension are rapidly coming through and many people are experiencing discomfort and changes in the body, mind and emotions. Many people go to their doctor to find that nothing is wrong with them. Many people may be taking medications to help with the discomfort when in fact, they are actually Ascension Acceleration Energy Experiences! These experiences are not to be feared, they are signs of your expansion and part of your Self Ascension Journey!

*** If you identify with any of these energies below, please know that you are not alone! All of humanity are experiencing many of these energies and don't understand what is happening or don't know why, but we are all in this journey together!**

TOGETHER WE ARE BETTER

*** Please note: These energies are not in any particular order...**

PHYSICAL DIFFICULTIES

- * Aches, pains and even itches throughout your entire body that come and go for no apparent reason.**
- * Soreness or stiffness in joints and muscles and bones for no apparent reason that are not due to injury, physical exercise or fatigue (especially in the neck, shoulder, back and spine).**
- * Pressure and pain in and around the head and face area including Skull, eyes, sinus, teeth, including fillings and gums.**
 - * Pinpricks, electrical shocks, falling asleep feelings, warming energies, tingles and random spasms, rushes of energy, twitches and jolts that come and go for no reason.**
- * Headaches and migraines that don't respond to medicine.**

***Hair and nails grow faster and/or change in texture or density.**

*** Blood pressure spikes and dips.**

Headaches can be a very common sign because, when the crown chakra opens or expands it can be an intense and painful experience. It might feel like a spike or rod is being inserted in your head. Headaches are common and they can range from migraines, to cluster headaches. The headaches are caused by too much energy flowing through the crown chakra and by hormonal changes which occur when the chakras are stimulated. Sometimes the pain can be eased by asking spirit and your higher self to make an adjustment in the energy flow. As your vibrational energy increases, the pineal and pituitary glands expands to accommodate the higher frequency that contribute to headaches. These headaches can last a few months to a few years.

VISION

*** General changes in vision and perception.**

- * Catching glimpses of sparkles or flashes of light in your peripheral vision.**
- * Seeing flashes of light sacred geometry before your eyes.**
- * Dry or itchy eyes, blurry vision, seeing a haze or static like energy in the air.**
- * Seeing auras or light around people, animals or objects.**
 - * A sense of physical disorientation.**

Often in these cases, an eye exam would show no changes in your actual vision. The white portion of the eyes may gradually change colour, may become bloodshot and may become slightly darker. In some cases this may create a slight tinge of rosiness in the eyes or a light tinge of brown or green, but most cases the colour will be rosiness. This change relates to the increased velocity of blood near the surface of the eyes that can be viewed. The visual field of the eyes will alter and you will begin to view dimensions differently, as your physical sight is adjusting as it interacts with the opening of the third eye chakra.

MEMORY

You are changing over from left brain function to more of a right brain function. Areas of the brain are being activated to deal with the higher energies coming in. Most times it is hard to speak, your words come out jumbled, this issue will pass as there is no time limit on this. On the other hand, others may experience memory loss or déjà vu like whatever they are experiencing has not happened or has happened before. Time speeds up, collapsing of events, days move so much more quickly that you have difficulty remembering the sequences of hours. There are lessons some people are going through, mental cleansing, you might experience a sense of disorientation, even in familiar territory. This new incoming impulses of energy are affecting the cells that compose the mental, emotional and spiritual bodies. People are manifesting on energy level, this incoming light with their whole being. There will be times when you will be inspired with flashing memories, recall of past events and lives and other realizations. Insights that are eternal and cosmic are beginning to infiltrate your body and to illuminate the human

mind in a way that inner body cells will activate. The mental capacity of people will increase considerably during cellular transformation when all the useless data is being taken away from your memory files.

CHANGES IN BODY STRUCTURE AND COLOUR

Changes in body shape will happen very slowly over time. Currently the changes that are taking place are happening inside the body. changes in the cellular system in the blood, the central nervous system, the bone marrow and in the brains patterning how it is firing and receiving information from God. During cellular transformation, re-pigmentations of the body will occur. Many different kinds of unusual marks round, red or white etc, will appear on the skin of your body. This is a temporary process that will let the skin to come into it's true purpose, which relates to the blood cell membranes that is getting enriched by oxygen.

HEART

- * Heart palpitations or flutters not related to exercise or medical conditions.
- * Lots of pressure on both the front and of the chest as well as the mid back and upper breast plate are as there is an additional chakra vortex activating.
- * Periods of sudden nervousness or anxiety that comes and goes spontaneously for no reason.
 - * Feeling drained of energy.
 - * Unexplained worry or panic.
- * Nervous breakdown sensations or feeling that you are spiraling out of control.

Heart palpitations may be felt at times as your heart comes into synchronization with the rhythm of the earth's heartbeat. Changes may also be experienced in the heart muscle tissue, the tissue will seem to be spreading out as the heart muscle becomes denser. Pain sensations in the heart can be frightening, as you may think your having a heart attack but what your actually experiencing is the heart chakra beginning to open or enlarge when receiving more energy. Restrictive flow of the heart centre can be avoided with greater awareness of the energy and a greater openness to the emotions, letting go, not having so much of the emotions held into the body and finding ways for the emotions to be harmonically experienced will help. The best solution is to relax, which will adjust the energy flow. Anxiety and fear will only constrict the energy, causing a more severe reaction. This is a normal experience when undergoing a frequency increase.

HEARING

- * Heightened sensitivity to sound.
- * Hearing unusual sounds or auditory sensations.
 - * Ears popping and ringing.
- * Hearing pings, beeps, tones frequency, buzzing, whooshing, and pulsating sounds.
 - * Feeling off balance, sense of vertigo.

COLDS AND FLU-LIKE SYMPTOMS

You might find cold or flu-like symptoms appearing and disappearing without developing into actual cold or flu. These could include.

- * Stuffy head, pressure, sinus and allergy problems and respiratory changes.**
 - * Changes in body temperature.**
 - * Increased sensitivity to heat or cold.**
 - * Circulation issues.**
- * Chills or hot flashes, night sweats and waves of heat throughout the body that are not related to menopause.**

FATIGUE

Sometimes these symptoms manifest as periods of extreme fatigue for no reason at all and happen out of the blue or upon awakening from a night's sleep. You might feel as if you need many naps or the exact opposite, feeling wide awake and energized despite lack of sleep and being hyper focused despite fatigue.

INTOLERANCE

During this time, you might feel a sense of intolerance towards lower vibrational energy of the 3D world, reflecting in conversations, attitudes, societal structures, etc.

EMOTIONAL SADNESS/DISCONNECT

- * Deep inner sadness for no apparent reason.**
- * Feeling lost and or as if you are someone else.**

- * Loss of ego or personal identity, old beliefs changing. feeling disassociated or fragmented.
- * Tears or crying for no apparent reason.
- * Feeling lonely or isolated, even when in the company of others as if others can't hear or see you, or you're not relating.
 - * Desire to flee from groups or crowds.
 - * No desire or passion to do anything.
- * Loss of motivation for hobbies and interests.
- * Experiencing more clumsiness or losing balance, bumping into things, lack of coordination.
- * Feeling dizzy or lightheaded or jittery and nervous for no reason.
- * Moments of memory loss of “ what was I just doing/saying? or why did I come in here?”. Forgetting simple things or conversations, brain fog, jumbled words or scattered thinking.

CHANGES IN RELATIONSHIPS

- * Sudden or abrupt changes in relationships, jobs, career, living environments.
- * Urge to relocate or being drawn to a particular area or place, resonating with certain geographic locations.
- * Sudden feelings of being connected to nature and animals like never before.
 - * Increased sensitivity to plants, trees and flowers.
- * Deep understanding and appreciation of nature and animals and more natural or serene environments.
 - * An overwhelming desire to live around more nature and serene environments.

- * Nature begins to energize you, connecting with Gaia more easily, which brings you more peace of mind and expands your heart.
- * Change or withdrawal from people, family and friends.
- * Chance encounters with unusual meaningful people who enter your life in synchronistic ways.

We release restrictive relationships, cutting ties with those relationships that have the tendency to draw your consciousness back to former realities.

DIET

- * Changes in diet and eating habits and digestion.
- * Fluctuating between feeling hungry all the time to lack of appetite.
 - * Foods and liquids begin to taste differently.
 - * Cravings may come and go.
- * Healthier and more natural options may be more appealing than in the past.
 - * Digestion, IBS, bloating and gastrointestinal issues.
 - * Swelling in the lower abdomen and back.
- * Sudden weight gain or loss especially around belly area.
- * *As your vibration rises your body will no longer be able to tolerate certain foods/beverages.
 - * You may find yourself craving meat after being a vegetarian for years or you may crave something sweet. It's ok! Just go with the flow! Listen to your body.

UNUSUAL SLEEP PATTERNS/CHANGES

- * Sleeping in short bursts on and off.

- * Finding more increased energy at night with frequent awakening between 2-4 a.m.
- * Periods of insomnia that lasts for days.
- * Intense of unusual or wild dreams or visions that can range from pleasant to bizarre to prophetic.
- * Increased lucid dreaming or astral projecting or other out of body experiences.

Specifically you might be experiencing war type or battle dreams, chase dreams or monster dreams. Many of us are literally releasing the old energy within and connecting with past lives, memories, experiences and knowledge.

PSYCHIC ABILITIES

- * Increased psychic awareness and sensitivity and other extra-sensory abilities.
- * Heightened intuition and the awakening of the Third Eye Chakra, or inner vision and other chakras and psychic centres.
 - * Causing interference in electrical appliances.
 - * Electronic devices behaving in an unusual way or malfunctions within your presence, especially when you are in a heightened state of emotions such as anger or sadness.
 - * Having bulbs blow out or flicker when you are near.
 - Batteries draining for no reason.
- * Personally feeling more drained or energetically depleted near too many electrical devices or when around them for long periods of time.

UNUSUAL LONGINGS

Many of us are experiencing a deep longing and overwhelming desire to leave the planet and return to home, but we don't know where home is or what this means! There is a part of you that wants to go home to the Ancient Knowledge that you are now aligning with. The root cause for this is quite simple... you are ready to begin a new lifetime while still in this physical body.

LOVE

- * Increased feeling of Divine presence and unconditional love.
- * Moments of gratitude and deep appreciation for life.
- * Increased peace, clarity, understanding and compassion.
 - * Profound revelations and insights.
 - * A sense of oneness and interconnectedness.
 - * A deeper connection to spirit/source God.
- * Encounters with Angelic and Cosmic brings and awareness of the presence of non- physical entities or energies.
 - * Sudden increase in synchronicity and meaningful coincidences, that occur frequently when you least expect them.
- * Noticing 11:11 and other repeating number sequences such as 111,1212,333,444,144 etc or other numbers popping up in your day to day life in unusual ways, whenever you happen to look.
 - * Uncanny alignment of events or chance encounters.
- * Meeting people in synchronistic ways, which develop into significant relationships.

You start to be in alignment with unconditional love as you work alongside Divine Light Beings. You feel that you are love and feel love. We begin to raise energetic vibrations, we

begin to cleanse and detoxify our mind, body and living environment. We begin to develop strong spiritual practices, we continue to raise our vibrations, transmute the old consciousness and open our chakras to further activate Kundalini Energy. We open up to forgiving others and ourselves, we energetically confront those who may have hurt or mistreated us and we forgive them. We also forgive ourselves for past transgressions. It becomes clear to you that this life is temporary, and it is given to you to experience and enjoy. In the end you become to realize that the whole process of awakening towards ascension is for your greater good!

These energy triggers will help alert you to the opportunity for recognizing energy shifts. Common ones are, buzzing, humming, electrical or roaring sounds. Unusual tingling or energy sensations, hair standing and goosebumps. Voices, singing, laughter or your name being called out, heaviness of sinking, feelings of expansion and contracting. Numbness or paralysis in any part of your body, levitation or lightness spreading throughout the body. Electrical pulses of energy, foot steps or other sounds of a presence around. Internal rocking, spinning or movement, arms and legs lifting during sleep. Surges of energy flowing through your body, noises like wind, music, bells etc.

DARKNESS / EGO SHADOWS

Everything around you starts to collapse, you find yourself in the dark. You need to experience the dark to appreciate and understand more of the light. We begin to dissolve inner identities, we become acquainted with inner identity filters which distort authentic expression. We need to disassociate

from them and dissolve them. The state of the world may disturb you, poverty, greed, power even the state of the environment. The feeling of depression and anxiety makes you wonder how you're going to blend with society. The desire to be alone, to be with nature, to harmonize with Mother Earth and to be a hermit burn inside you. You feel lonely and lost because no one understands what you're going through and may think that you are going crazy! You feel like you have nothing to cling to except to seek the answer to this question. "Who Am I?".

SUPPORT TO HELP INTEGRATE WITH THESE ASCENSION ACCELERATION ENERGIES

~ Connect to your Mighty I Am Presence! Welcome into your heart and life Higher Vibrational Source, Ascended Masters, Archangels, Cosmic Beings, Spirit Guides, etc...

~ I AM Presence Decrees, Adorations and Affirmations.

~ Reiki Energy Healing for integration, raising vibration, grounding, balancing and overall well-being.

~ Choose to Self Ascend! Soul Work! DNA & Chakra Activations & Self Love Practices.

~ Listen to your body! Communicate with your organs! Tell them how much you love & appreciate their support! Your organs will do whatever they want, when not directed!

- ~ Rest, eat light & drink plenty of purified water and herbal teas.
- ~ Work on manifesting! Focus on what you want to create! Moon Intentions and rituals.
 - ~ Spiritual Time! Invite Higher Vibrational Source in everything that you do daily!
- ~ Connect to Source and claim your Divine Organic 5th dimensional Timeline and Ascension process.
 - ~ Connect and ground yourself to the New 5D Earth frequency and consciousness.
- ~ Listen to high vibrational music or music that you love that uplifts you & meditate.
- ~ Connect & ground to Mother Nature! Spend time under the SUN & bathe in the lightcodes that are being offered to us for extra healing & DNA activations.
 - ~ Essential oils and epsom salt baths.
- ~ Smudging, clearing & ritual purifications with sage, palo santo, etc...
 - ~ Working with crystals and Ascension crystals.
- ~ Have fun & be playful! Dance under the rain, snow, leaves, sunlight & moonlight!
 - ~ Enjoy being with your loved ones and pets.

**~ Always remember that you are Divine Source! You Are A
Powerful Divine Light Being On
Earth.**

WHAT IS KUNDALINI AWAKENING?

WIKIPEDIA: Kundalini is a coiled snake and is a form of divine feminine energy or shakti believed to be located at the base of the spine, coiled three in a half times in the root chakra. It is an important concept in shaiva tantra where it is believed to be a force or power associated with the Divine feminine or the formless aspect of the Goddess. This energy in the body, when cultivated and awakened through tantric practice, is believed to lead to a spiritual liberation. Kuṇḍalini is associated with parvati or Adi Parashakti the supreme being in shaktism; and with the goddesses Bhairavi and Kubjika. The term, along with practices associated with it, was adopted into Hatha Yoga in the 9th century. It has since then been adopted into other forms of Hinduism as well as modern spirituality and New Age thought kundalini awakenings are said to occur by a variety of methods. Many systems of yoga focus on awakening Kuṇḍalini through: meditation pranayama breathing; the practice of asana and chanting of mantras kundalini Yoga is influenced by shaktism and tantra schools of Hinduism. It derives its name from its focus upon the awakening of kundalini energy through regular practice of Mantra, Tantra, Yantra, Asana or Meditation. The Kuṇḍalini experience is frequently reported to be a distinct feeling of electric current running along the spine.

The concept of Kuṇḍalini is mentioned in the Upanishads (9th – 7th centuries BCE). The Sanskrit adjective *kuṇḍalin* means "circular, annular". It is mentioned as a noun for "snake" (in the sense of "coiled") in the 12th-century Rajatarangini chronicle (I.2). *Kuṇḍa* (a noun meaning "bowl, water-pot" is found as the name of a Naga, (serpent deity) in Mahabharata 1.4828). The 8th-century *Tantrasadbhava Tantra* uses the term *kundalī*, glossed by David Gordon White as "she who is ring-shaped".

The use of *kuṇḍalī* as a name for Goddess Durga (a form of Shakti) appears often in Tantrism and Shaktism from as early as the 11th century in the *Śaradatilaka*. It was adopted as a technical term in Hatha Yoga during the 15th century, and became widely used in the Yoga Upanishads by the 16th century. Eknath Easwaran has paraphrased the term as "the coiled power", a force which ordinarily rests at the base of the spine, described as being "coiled there like a serpent".

The experience of Kuṇḍalini awakening can happen when one is either prepared or unprepared.

According to Hindu tradition, in order to be able to integrate this spiritual energy, a period of careful purification and strengthening of the body and nervous system is usually required beforehand. Yoga and Tantra propose that Kuṇḍalini can be awakened by a guru (teacher), but body and spirit must be prepared by yogic austerities, such as Pranayama or breath control, physical exercises, visualization, and chanting. The student is advised to follow the path in an open-hearted manner.

Traditionally, people visited ashrams in India to awaken their dormant kundalini energy with regular meditation, mantra

chanting, spiritual studies and physical asana practice such as Kundalini Yoga.

David Eastman writing in Yoga Journal says that Kundalini can also awaken spontaneously for no obvious reason, or be triggered by intense personal experiences such as accidents, near death experiences, childbirth, emotional trauma, extreme mental stress, and so on. Some sources attribute spontaneous awakenings to the "grace of God", or possibly to spiritual practice in past lives. A spontaneous awakening in one who is unprepared or without the assistance of a good teacher can result in an experience which has been termed as "Kundalini crisis", "spiritual emergency" or "Kundalini syndrome". The symptoms are said to resemble those of Kundalini awakening but are experienced as unpleasant, overwhelming or out of control. Unpleasant side effects are also said to occur when the practitioner has not approached Kundalini with due respect and in a narrow egotistical manner. Kundalini has been described as a highly creative intelligence which dwarfs our own. Kundalini awakening, therefore, requires surrender; it is not an energy which can be manipulated by the ego. WIKIPEDIA

SIGNS AND SYMPTOMS OF KUNDALINI AWAKENING

- ~ Unhappy with life in general and ask yourself questions like why am I here?**
- ~ A desire to search for answers, spiritual knowledge, enlightenment and truth.**
- ~ Noticing certain numbers following you constantly.**

- ~ **A sudden increase in synchronicity and meaningful coincidences that occur frequently.**
- ~ **Seeing flashes of sacred geometry with light and sound tones.**
- ~ **Attunements and DNA activation/repairing from high vibrational source in dream state.**
- ~ **Instantaneous remembrance of who you truly are and your purpose in life.**
- ~ **A sudden expansion or shift in consciousness, guidance from high vibrational beings.**
- ~ **Unexplainable heat within the body, especially the hands, feet and spine. Vibrating, pulsating, twitching from head to toe, electrical shocks.**
- ~ **States of bliss, peace, love, joy, compassion and gratitude for everyone and everything.**
- ~ **Embodiment with higher self.**
- ~ **Seeing auras or feeling energy.**
- ~ **Seeing orbs, flashes of light and movement from peripheral vision.**
- ~ **Tingling sensations, heart palpitations, heart fluttering and unexplained crying.**
- ~ **Increased psychic abilities, astral travel, lucid dreaming, clairvoyant, clairaudient, etc...**
- ~ **Past-life memories or visions.**
- ~ **Contact from higher vibrational light beings, downloads and high pitch ear ringing, especially before bedtime that brings on anxiousness and feelings of leaving yourself.**
- ~ **Feeling spacey, head in the clouds, need more ways to ground and balance.**
- ~ **A desire to be in solitude and meditate.**
- ~ **A desire to be in constant connection with higher vibrational source and frequency.**
- ~ **A desire to be or live around a more natural environment.**

- ~ A sudden connection to mother nature and animals.
- ~ Feelings of stillness, harmony and everything is effortless, time going fast or slow.
- ~ A desire to clear and shed away many constructed layers that we have created and accumulated over many lifetimes, (inner soulwork, shadow healing, dream healing).
- ~ Working on creating a higher vibrational new earth world.
- ~ We become more aligned with the frequency of earth, we are more untuned and aware of the shifts and subtle changes and patterns, especially during moon phases and astrological events.
- ~ Our ascended higher heart comes into synchronization with the rhythm of the earths heartbeat.
- ~ A desire to disconnect from 3rd dimensional density and dogma, sense of intolerance towards lower vibrational energies reflecting in conversations, attitudes, societal structures, friends, family, relationships, etc...
- ~ We are physically, mentally, emotionally, energetically and spiritually triggered, challenged, called into question and self monitoring (self observing). We are experiencing the painful task of shedding and breaking out of our illusion!

WHAT IS THE LIGHTBODY?

The Lightbody is a body that sustains higher frequencies of elements and light on a sub-atomic level. It exhibits superluminal emanations that are crystalline and ethereal in nature. Sustained within a 6th dimensional holographic matrix, it is of a higher evolutionary state of manifestation.

~ ALEXIS CARTWRIGHT ~

Traditionally when someone dies and we have documented evidence from people who have had near death experiences,

we move towards a tunnel of Light. This is us connecting to our lightbody, it's the souls body. On earth we have a physical body but when we are souls/spirits we have a different sort of body that is just ethereal and made of light, this is our lightbody. It is pure energy with no physical form. When we are connected to our lightbody we are pure consciousness and we can connect with everything in the blink of an eye. Nothing physical weighs us down, we are totally sentient beings. Since 2012 this body of light, that we would in the past only have connected with at the point of death has anchored energetically around all of us. We are multidimensional beings living a physical existence but now the energy field of our lightbody is anchored around us. You may have seen pictures of your aura, this is a picture of an aspect of your energy field that relates generally to your emotional state, apart from your physical body, you have at least seven different energy bodies around you. Your energy field extends about 30m in diameter around you, you and others around can impact each other. The lightbody is as it says a body of light around you, it is like your passport to total awakening of all that exists not only on a universal level but for you to access point to your oversouls knowledge of all that you have been and have the potential to be. In 2012 it anchored into your energy field, it has now begun a process integration into your physical body where it will infuse every cell and atom in your body with light that will change your life and reality forever. For most of us born before 1999 we had made a soul choice to forget everything we knew about our previous incarnations, whether we were here as humans or as something else in another dimension. As the energetic lightbody that has anchored around you starts to integrate into your physical body you may experience lightbody discomfort.

SIGNS OF LIGHTBODY DISCOMFORT

Respiratory discomfort, tightness in the lungs, asthma symptoms, flu like symptoms, hay fever, colds, runny noses and sneezing for only 24 hours.

Inflammation or aching of bones and joints.

Headaches or migraines not alleviated by painkillers.

Immune and lymphatic system changes.

Dizziness, ringing in the ears, co-ordination imbalances.

Heart palpitations or hypersensitivity.

Lack of circulation, loss of muscular power and brief periods of weakness.

Tingling in arms, hands, legs, feet and entire body.

Hormonal imbalances.

Strange skin irritations.

Feelings of déjà vu, intense fear of separation and loss.

Short periods of intense tiredness.

Occasional diarrhea.

Mood swings and bouts of short term depression.

Strange symptomatic pain, especially through the back, neck and vertebrae area.

Vivid, Lucid dreams, odd sleeping patterns, night sweats.

Vagueness in the head and an empty feeling in the stomach.

EMBODIMENT

LISA RENEE: Embodiment is becoming consciously aware of our own biological patterns, their origins, and opening to the possibilities in how we can work to clear and heal them. What is our body's wisdom communicating to us now? When we listen to our body's needs and are willing to develop present moment body awareness, we are opening up our heart in order to register deeply felt sensations and impressions. Body awareness opens up the possibility of direct cellular knowing that relays intelligent information. We are also learning the importance of self-care and self-love as the necessary core components of cultivating higher spiritual and emotional development that finally allow us to experience authentic embodiment.

When we are in the process of Embodiment we are connecting to the most authentic part of ourselves in the moment by allowing the honest observation of sensations, emotions and feelings that are happening in our body without judgment or suppression. When we allow ourselves to embody, we are more available to be fully present with our

life experiences, thus we feel more grounded, centred and connected in our life and with others. Our physical body holds the intelligence and feelings that gives us the map to unlock our authentic self by peeling away the layers of painful or negative patterns, if we are willing to observe ourselves and put forth the effort. When we integrate and embody more aspects of the multidimensional higher self we also access higher dimensions of consciousness, thus our experience and perception of the physical realm greatly changes. As we acclimate to the current planetary shifts it can feel incredibly disorientating and physically uncomfortable, and at times we may experience great energetic pressure inside the body that may feel overwhelming. The sensations of massive pressure exerted upon the physical body has been described as oscillation to vibration incompatibilities, another ascension symptom. This occurs during the Embodiment process as we endure electromagnetic recalibration between the particle layers of matter vibration and higher frequency oscillations throughout the collective consciousness blueprint levels.

At whatever level of consciousness and personal blueprint we have incarnated with on the earth, every human being is being pushed into the next level of their personal Embodiment process, to fulfill their higher spiritual identity potential. For each person, the Embodiment process is unique, and yet the majority of the collective consciousness on earth is undergoing stages of soul triad merging with relative integration phases to finally embody the soul layers. The pressure to embody will be experienced differently for many 3D people, who may experience it as intense internal anxiety or physical symptoms that can be easily labeled as medical issues, but they are unable to get to the root of the cause. This phase is most difficult for those people that are

polarized in their inner masculine, and have shut down sensory feelings which disconnect them from their overall body awareness. The physical body is extremely important during this stage, as what we are here to shift on the earth can only happen while we remain inside an ascending human body.

Many people will be required to effectively slow down and relax, to simplify their lives and just breathe, and even to isolate themselves from others as the pressure to authentically embody the higher self continues. In the first stages towards Embodiment many people must slowdown and conserve in order to release energy blocks in the physical body that have been conditioned from accumulative harmful habits in 3D society, such as patterns of emotional pain or mental anxiety by continually pushing themselves into high stress situations. To successfully undergo embodiment, without making ourselves sick with stress and pressure, we must surrender into relaxation and learn to develop body awareness, to experience the sensations and feelings that happen in the movements of our body.

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**THE VOLUNTEERS
STARSEEDS~WAYSHOWERS~LIGHTWORKERS
INDIGO~CRYSTAL~RAINBOW CHILDREN~**

DOLORES CONNON: One should know that there are many “volunteers” on planet earth at the moment. Maybe you are one of the volunteers or maybe you have a child that is. As you will read below, the third wave is a group of exceptional new children. These advanced children are already equipped with enhanced DNA compatible with the frequency of the *New Earth*. They need challenges to keep them interested, not drugs to treat their misdiagnosed illnesses such as ADHD. They are the new “hope of the world.”...

The first wave of these souls, now in their late 40s to early 60s (the Baby Boomer generation), have had the hardest time

adjusting to life on Earth. They are horrified by the rampant violence of our world and want to return “home” – even though they consciously have no idea where it is. Strong emotions like anger and hate deeply disturb them. Some rebelled against the status quo and even committed suicide to escape the chaos of Earth. They are the pioneers who paved the way for the second and third waves of volunteers.

The second wave is now in their late 20s and 30s. They have made the transition to life on Earth much more easily than the first wave. The second wave souls tend to work behind the scenes, often on their own, creating little or no Karma. In the sessions I conduct as a hypnotist, they have been described as antennas that unconsciously channel energy onto the Earth. They do not have to do anything; they just have to be. Their energy affects everyone they come into contact with. Their paradox is they are supposed to be sharing their energy, but they do not like being around people.

Many first and second wave souls unconsciously realize that having children creates Karma. Many do not marry in the first place, unless they are fortunate enough to meet another soul to whom they can relate. They just want to do their job and go home.

The third wave is a group of exceptional new children, many of whom are in their teens. These advanced children are already equipped with enhanced DNA compatible with the frequency of the *New Earth*. They need challenges to keep

them interested, not drugs to treat their misdiagnosed illnesses such as ADHD. They are the new “hope of the world.” DOLORES CANNON

SACRED EATING ~ THE VIBRATION OF FOOD

Everything is vibration, waves of oscillating frequencies present in everything in our environment and in every organ and each individual cell in our bodies. This electrical energy is measured in Megahertz frequencies.

While researching the frequencies of food, I came across Bruce Taino of Taino Technology, who is said to have built the world’s first frequency monitor in 1992. His device measured a healthy person’s frequency as between 62-72 MHz, with all the organs having their own frequency between 60-80 MHz. When the frequency drops below 62 MHz, the bodily system begins to be compromised, with colds and flu starting at 52-60 MHz. Around 55 MHz, candida may be present. Epstein-Barr virus can show up at 52 MHz and at 42 MHz and lower, cancer may appear. The death process begins around 20 MHz. Fresh green vegetables have been measured at 65-62 MHz and green juices as high as 250 MHz. A big Mac measures 5 MHz, white flour 1-2 MHz and canned foods at 0 MHz.

Every item of food has its own vibration and energy field. Each of us also has our signature vibration and each food we ingest contributes to that vibration. The vibrating, energetically charged particles of food interact to a significant degree electrically within the fluid matrix of our body. These currents ripple through our bodies, creating electrical currents which either enhance or deplete the energy state of our cells. When we resonate with the food's vibrational energy, we benefit from eating it. As a general rule, the farther food is from its natural state, the less its vibration energy levels.

Highest Vibration Foods

Green leafy vegetables Fermented foods

Sea vegetables

Raw honey, maple syrup Raw oils

Brown rice, buckwheat, amaranth

Lightly cooked vegetables

Raw nuts and seeds (soaked is best) Raw dairy

Free range eggs Wild fish

Super foods (goji berries, spirulina, etc.)

Lowest Vibration Foods

Any processed food White flour Processed sugar Canned foods

Soda, coffee, alcohol Pasteurized dairy Factory farmed meat

Artificial sweeteners Deep fried foods Microwaved foods Margarines and lards

GMO foods

Foods grown with pesticides

So many people in this county seem to be slaves to their food cravings and susceptible to illnesses and physical ailments caused by lifestyle and poor food choices and aren't able or willing to make good choices. Some people don't have the knowledge, time or interest while others struggle to just get enough food. For those of us fortunate enough to be aware of the vibrations of what we eat and able to purchase foods to support our health, how do we wade through all the health and diet information with the plethora of theories and beliefs out there, to nourish our

bodies in a way that best supports our health and the health of Mother Nature?

First of all, we can do this by eating foods that have been grown in the earth with rain and sunshine in a natural way. Foods that we've grown ourselves will resonate best with our energy. For we city dwellers with no gardens, foods that have been grown locally will resonate with the land around us and nourish us well. We can realize that the consciousness of that food is being absorbed by our body, and strive to avoid meat from animals raised in the misery of factory farms. As we shop for our food, we can tune in and ask our higher self what we need to eat this week. In addition, we can thank and bless every food we eat, thanking the tree or plant, the land, the farmer who grew it or raised it, the people who brought it to the market, even the workers in the store who displayed it. We can ask the food to raise itself to its highest original vibration and ask our body to raise itself to the best vibration to accept and digest this food. Eat slowly and with presence. When possible, refrain from cooking or eating when angry or upset as our emotions will transmit into the food. While preparing food, play beautiful music to open the heart chakra and transmit love into the food.

We can eat a rainbow every day! Which brings us to another fun thing about food and that is all the colours of food. We can use food of different colours to support any chakras that need balancing as the colour rays of the food contain the

vibration of that colour. We can eat healthy foods in the colour of the particular chakra that needs to be balanced or activated.

And one more thing!

While researching this paper, I found a video on Youtube by Abraham Hicks, called Junk Food and Good Vibrations. A participant asked about drugs and alcohol and foods that spiral people downward and Abraham made several points about this.

1) We have a brilliant cellular mass which is our body and our cells know how to compensate for anything that is not in harmony with the make-up the body by immediately adjusting and compensating to maintain balance. However, this adjustment then translates to the body as a craving because the body has compensated and adjusted and now wants more of that substance. Three days without that substance and the body will have readjusted to life without it. Though the craving can persist because we are focusing on a memory of how we felt when we ingested that substance and feeling lack. When we are coming from a place of lack, our system will be a match for lower vibrational foods and substances. The craving is not actually for the substance but rather for alignment. When not in alignment, we sometimes try to shift via foods and substances but we can only fill the void with alignment.

2) Discord in our vibration will show up as cravings for detrimental food faster than it will show up as an illness. Then we get sick and blame it on the food. Actually, the detrimental vibration of lack is responsible for both the craving and the illness. Poor eating habits are not necessarily responsible for the illness.

3) Which brings us to the point that some people can eat anything for long periods of time and maintain great health. Their body transmits everything into great nourishment due to their lack of fear and positive belief that they are nourishing themselves well. They are in alignment!

WHAT IS INTENTION?

An intention is a clear and positive statement of an outcome you want to experience. An intention is a goal or vision that guides your thoughts attitudes and choices. Your intentions influence your actual experience. A strong and energized intention is likely to repel that which is not in alignment with it. A strong and energized intention will attract the essence of what it is. In our spiritual work we often utilize the words "Intention" and "Intent", we set an Intent for what we want to heal. Involving our Mighty I Am Presence, Ascended Masters, Archangels, Angelic Hosts, Cosmic Beings and Cosmic Light, etc... in helping our intentions. Intentions have the power to change, transform and heal

our lives. Intentions are one of the most powerful forces there is. When your setting powerful intentions, your creating within yourself a new and specific state of frame of mind that serves your purpose in life.

TOOLS TO HELP KEEP YOU IN THE ASCENDED BLISSFUL STATE

- * I OFFER FURTHER INFORMATION, SUPPORT, GUIDANCE, DNA DEACTIVATION AND CHAKRA DEACTIVATION AND ACTIVATION FOR EACH OF YOUR CHAKRAS AND MORE. YOU WILL BE COMMUNICATING WITH ALL OF YOUR ORGANS WITHIN EACH OF YOUR CHAKRAS AND SELF LOVE PRACTICES THAT YOU CAN DO DAILY. WHEN YOU HAVE MERGED WITH YOUR HIGHER SELF, MIGHTY I AM PRESENCE YOU WILL KNOW THAT YOU ARE A DIVINE MASTER ON EARTH.**
- * TO DOWNLOAD MY PDF SOULWORK~ A JOURNEY TO HEALING AND SELF LOVE ASCENSION, PLEASE VISIT MY WEBSITE LINK BELOW WHERE YOU CAN FIND IT ON MY HOMEPAGE!**

<http://www.spirituallyawakenedreiki.com>

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♥ **THANK YOU FOR SHINING YOUR LIGHT! I LOVE YOU** ♥

**LIFE OPENS UP AND CHANGES IN SO MANY DIFFERENT
WAYS WHEN YOUR ENERGY HAS BEEN**

SPIRITUALLY AWAKENED!

SPIRITUALLY AWAKENED REIKI

BY LENA ATILA ~ REIKI MASTER



