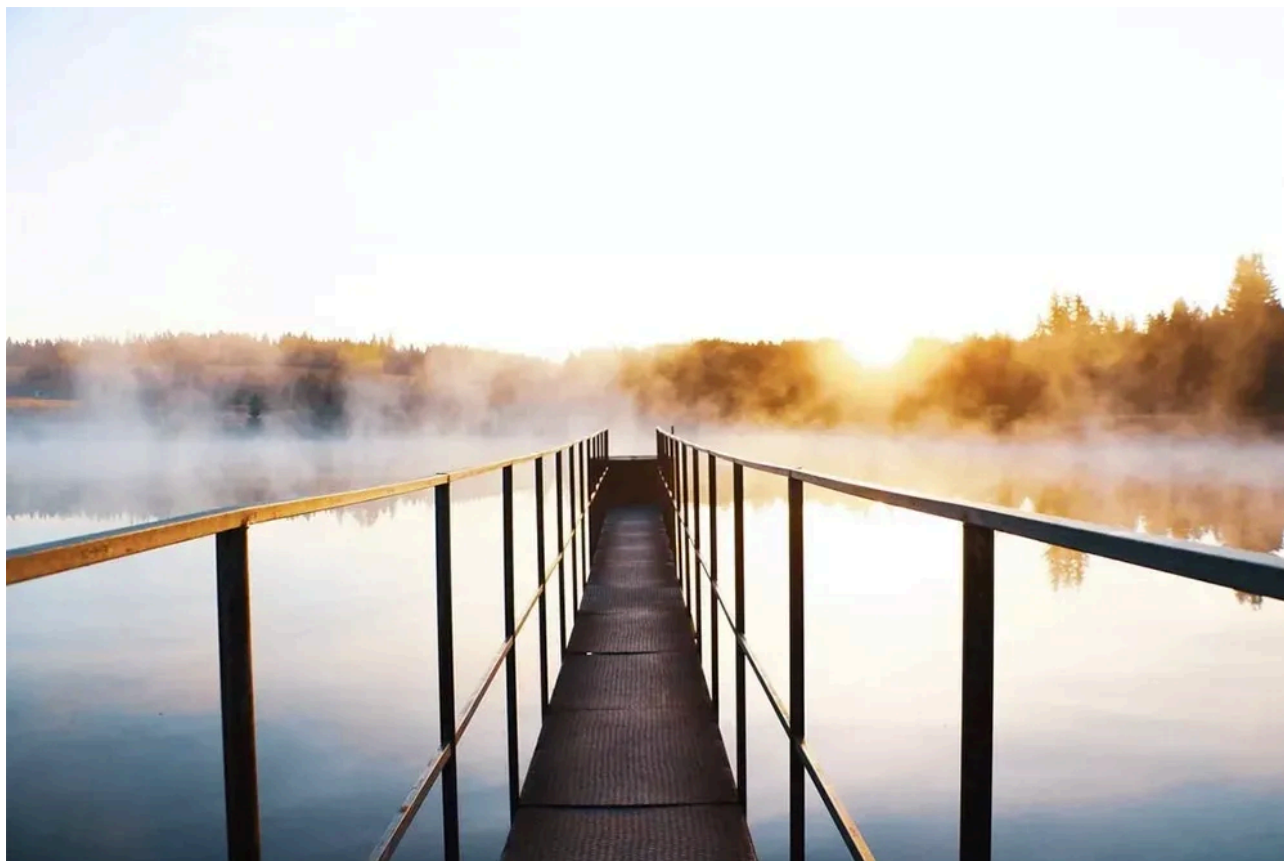


# Ascension Update August 2022: Integration



Integration with the all-that-is and the Ascension Timeline.



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## Ascension Update August 2022: Integration

This is the fourth in a new series of articles where we use Resonance Testing to measure our ascension progress around the world by levels of consciousness, DNA, chakras, integration. We have also updated the current ascension timeline. We go into a lot more detail about the ascension in our Article published in May 2022 titled [Ascension: Our Observations](#).



### What does Integration Mean?

What we have discovered is that the emotions we feel are those that are not yet integrated, ie they are separated from the one-ness of our essence. Let's say a certain situation always makes you angry, well this situation shows you that the frequency of anger is still a separate aspect of you. Once this frequency - and everything that is associated with it - has been integrated, then the same situation will no longer trigger a reaction of anger. The same goes for all limiting emotions. When you are fully integrated, all the people, situations and experiences that you used to find irritating, selfish or stressful, to name but a few emotions, no longer trigger these reactions within you.



### Why is Integration so important?

Integration is a truly liberating process as it frees you from the ego perspective of limiting emotions and enables you to exist from a purely soul perspective. You no longer react to the triggers around you. Instead you are able to remain completely neutral in a state of loving understanding.

Many practitioners and self help books encourage people to over-ride their emotions, such as sadness, with positive affirmations such as "I am happy" which are to be repeated frequently. This practice is a bit like hiding the clutter under your bed. Just because you can no longer see it, doesn't mean it isn't there! When you continue to ignore or attempt to suppress or merely displace one frequency with another, you simply push it deeper within.

We have seen incredible transformations in our clients in just one **Armichi Method Integrate & Liberate** session, even when completing just 4 or 5 integrations. This is an indication of the power of integration. When you have integrated just half of the limiting emotions that are separate within you, then you will feel an incredible sense of calm and peace. The reason is because you are no longer dragged into the same repetitive emotional dramas that you have been experiencing your whole life.

Once fully integrated, you are closer to existing as one with the all-that-is. For this reason we believe that integration is one of the key processes in the ascension pathway and one that is often overlooked.



### **Why Triggers are Your Friend**

We are all experiencing an extraordinary number of situations that seem to be triggering emotional responses that often take us by surprise. Things that never used to bother us are now making us feel extra angry, sad or irritated. We are also all finding that these situations keep repeating and we are finding it hard to escape our feelings. If we try to ignore something that makes us feel uncomfortable or stressed, we are finding that the situation seems to amplify and keeps repeating over and over again. However difficult these situations may seem in actual fact the universe is helping you as it is showing you the emotions that need to be integrated.

Alongside these repeated stress situations, the world seems to be getting increasingly chaotic and is full of apparent injustices and outrageous decisions by those we see as our rulers. We see large numbers of people protesting or fighting against each other for various different causes. If we told you that these battles are actually just ways to express anger how would this make you feel?

At the other end of the spectrum, increasing numbers of you are seeking refuge in solitude and spending more time alone, in an attempt to avoid the perceived chaos. There are those who are choosing to avoid certain types of people in order to protect themselves from the apparent threat of illness or stress they may cause.

In fact, all of these situations are to help you ascend. Each helps to reveal the separated aspects within yourself. The first step is to reflect on how they make you feel. Let's say that you feel scared at the protests - this is showing you that there is a frequency of fear that needs to be integrated. Maybe you are feeling isolated by avoiding the chaos you perceive outside the sanctity of your home? If this is the case then you can integrate the feeling of loneliness. Once identified - and there will be a long list - you can start the process of integrating each emotion.

One point to note that, if you are isolating from the world without acknowledging the separation within or acting on it, you are delaying the ascension process because you

are avoiding trigger situations which help reveal what is within. That's when Resonance Testing really helps as you can use it to test which limiting emotions you resonate for. Our Article [MedBeds: Our Salvation?](#) includes an emotion chart to help get you started.



### **After Integration the Global Chaos is No More**

The next information may be hard to read because we are all being dragged into a perceived battle that we feel we have to fight. However the remarkable thing is that, once each of us has integrated all of the feelings that the chaotic projections around us invoke, then we will no longer experience any more chaos. There will be no more protests as there will be nothing left to protest against since it is actually we who are creating these chaotic projections.

Our reality is simply a projection or reflection of our vibrational set point. Currently almost everyone is perceiving reality from the ego and all of its separate, limiting emotions. As we begin to integrate these separate frequencies, our vibrational set point increases and eventually we resonate only frequencies that are in alignment with source and our soul. In this moment we are purely a soul expression and in this moment our perception is one of love and understanding. And in this moment there is no more chaos around us.

If this information makes you feel uncomfortable then this is entirely understandable as each of us has spent our entire lives being trained to believe that the injustice, imbalance of power, conflict and all other misery we witness in the world is just how the world is. Some of us believe that the issues are the creation of those in power or of those who want to bring down governments or even of greedy corporations.

It takes a huge mindset shift to see things differently and even to begin to comprehend that it is actually our egos that have created what we see and experience around us, both in our home lives and on a global scale.

All we can say is that even if what we are sharing is too hard to accept, just integrating one limiting emotion will make you feel so good that we hope this information has not deterred you from learning more about integration.



### **Can We Become Less Integrated?**

As with most steps in our ascension journey, we see our progress going both forward and backward. We have used Resonance Testing to measure integration levels and have seen levels in people increase and then decrease and then increase again. We believe that this is a natural effect of resonance. You can compare our ascension with musical notes in a scale. As we move closer to full ascension, the notes become higher and

higher. Now imagine trying to sing each note so that it sounds perfect. We may warble a bit, singing a little higher or lower until we hit the exact note. And we believe this is what happens with ascension. As we progress, we reach a new higher vibrational set point (like a musical note) but until we are able to maintain that new vibration (note) we may go up and down until we settle into our new vibration.

So yes it is possible to reach a state of, for example, 60% integration and the corresponding vibrational set point. Then maybe over the next few weeks we may find ourselves being triggered intensely by some difficult situations. If we forget that these situations are simply showing us what needs to be integrated then we may not be able to maintain our new vibrational set point. Then the ego starts to take over and what was once integrated begins to separate out again.

The other factor that can cause us to become less integrated is the effect of the collective. It takes a lot of dedication and daily practice to remain at a vibrational set point that is significantly higher than the collective vibrational set point. If you are finding that you are being affected by the collective energies, then we recommend switching off your TV and internet and going outside in nature as often as you can. If you are able to walk or simply be in a naturally high consciousness environment like a forest or open countryside, then you will find it is easier to maintain your newly attained higher vibrational state.



### **Does Being 100% Integrated Mean I Am Fully Ascended?**

In the first Article of this series *[Ascension Update August 2022: Levels of Consciousness](#)* we wrote that there are many processes involved in ascension and being 100% integrated is just one of them. We have discovered through Resonance Testing that there seems to be a pattern of progression where people's levels of consciousness increase and this starts the development of the light DNA strands. Then alongside this, the chakras begin to open and expand. The combination of the extra light (levels of consciousness) and connectivity (DNA and Chakras) intensifies the triggers we experience. This is partly because the frequency of limiting emotions is now so discordant and incompatible with our new light bodies that they being forced out of the home that once housed them so easily. As these limiting emotions are revealed and in turn integrated, we move closer to being one with the all-that-is, since we are able to exist and experience life from more of a soul perspective. However, 100% integration is not the last gateway to ascension, since we have discovered through Resonance Testing that there is still more work to do before full ascension is reached!



### **After Integration What Other Processes Happen before we Ascend?**

Although we are not aware of all the steps since we have not yet experienced them, we can say that one of the next steps is the process of understanding the players in our projected reality and the lessons they have been showing us. This means that we learn why we have and still are experiencing the key relationships in our lives, such as family, friends and colleagues. We can then start the process of forgiveness and the neutralisation, deletion and integration of all soul contracts and everything associated, that have created these relationships and that have been binding us to these people.



### **What Does Being 100% Integrated Feel Like?**

You will find that you stop reacting to any people, situations and experiences with limiting emotions and are able to remain completely neutral at all times. Even shocking news no longer causes distress. This doesn't mean that you no longer have compassion or empathy, simply that you are able to see the world from the soul perspective of love and understanding in all circumstances. Practically it means you will feel much calmer, at peace and at one with the all-that-is. You will no longer put a meaning to information because, from this integrated perspective, information is not seen as good or bad. As a 100% integrated being, there are no sides, contrast or duality and everything is as it is and everything is perfect as it is.



### **How to Experience An Integration**

We refer to the technique in full in our article *[Revealing Not Healing](#)*. If you would like one-to-one assistance with integrations, you may book into our **[Armichi Method Integrate & Liberate](#)** service where we guide you through the process and how to feel when the emotion you are integrating has been fully integrated. Before the session we test to see which limiting emotions you resonate most strongly for and during the session we help you integrate these emotions.

The **Integrate & Liberate** process is experienced differently for everyone although the results are always very similar. A sense of relief, expansion and joy as part of the invisible barbed wire cloak (some refer to this as the veil) no longer exists and you are able to see yourself more clearly.

We start by using a combination of verbal commands and loving attention to neutralise and delete the frequency and all its associations throughout all aspects of yourself, through all pastlives, timelines and all dimensions. This process also includes the

physical manifestations which are the symptoms that you are experiencing that are a vibrational match for the emotional frequency you are integrating.

When you have collapsed the existence of everything that is resonant with the emotional frequency we then allow our consciousness to merge with the feeling, to integrate and become one with it. This last part of the **Integrate & Liberate** process can take 5-30 minutes depending on how deeply entrenched is the emotion and how effectively you are able to stay present, to open your heart and to integrate your consciousness.

We use Resonance Testing to monitor the progress of the integration and have found that when we have reached around 96 - 97% integrated, you start to experience an overwhelming sense of relief combined with a beautiful expansion and a feeling of complete and utter bliss. It is the most wonderful feeling that we have ever experienced.

What is really interesting is that we have discovered that the integration process is instantaneous when you are one with the all-that-is and your perspective is from the all-that-is. We have also discovered that the verbal commands that are a part of the **Integrate & Liberate** session sound completely different to your own voice when issued from the all-that-is; they are much deeper, more powerful, direct and commanding.

After you have completely integrated the emotion you will feel like you are walking on clouds! You will feel liberated because eons of discordant emotion are no more and part of your invisible barbed wire cloak has been dissolved. If you have been integrating anger, you will feel strangely calm in the situations that used to make you feel angry. If you have been integrating sadness, then you will find that you no longer feel so weighed down. If you have been integrating loneliness and craving companionship, then this craving will have gone.

The other remarkable effect of the **Integrate & Liberate** process is that physical symptoms that were a vibrational match for the integrated emotion can just vanish. We have seen how back pain, eczema, depression, anxiety, headaches and chronic insomnia are no more after just one session.



### **How Have Integration Levels Changed in the World?**

As with the other ascension markers, we have seen how there has been so much change over the past 2 years. Our average levels of consciousness, DNA and Chakras have all increased. We wanted to see how our average integration levels have changed and so used Resonance Testing to measure how percentage integration has changed since November 2021.



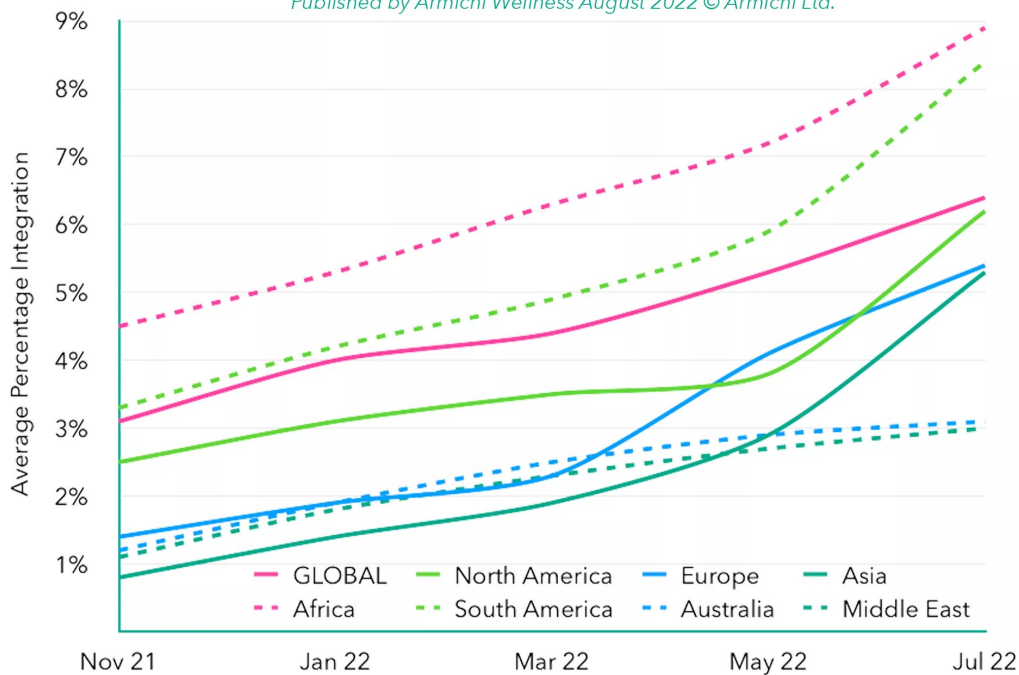


## Change in Integration Levels by Continent: November 2021 - July 2022

The chart below shows you how integration levels around the world have changed over the past 8 months. The notable changes are in Europe, that was lagging behind the global average, which from May started to catch up. Two months later, North America and Asia also experienced a jump so that by the end of July 2022, all three continents had integration levels that were close to the global average. As with the other ascension markers; levels of consciousness, DNA strands and open chakras, Africa still leads the world with South America not far behind.

### Average Integration Levels % November 2021 - July 2022

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## How Often Should I Integrate & Liberate?

We have found that every time you experience a limiting emotion in response to a conversation, person, situation or experience this is an indication that this emotion needs to be integrated. Since we are also part of a collective, then you may find that even once you have integrated an emotion, that it resurfaces a few weeks later. We believe that this may be due to the influence of the collective energies and you may need to repeat the process. We are all experiencing a bit of a stormy ride during this ascension journey and it does sometimes feel as if we are moving 3 steps forward,



stalling for a bit and then maybe even taking 1 or 2 steps backward. The key to continue to moving forward is persistence and dedication to the process. For this reason we recommend to **Integrate & Liberate** every day if you have time and at least once or twice a week as a minimum.



### **Ascension Timeline Updated August 2022**

As a conclusion to this series of Articles about the ascension, we wanted to update the Ascension Timeline that we published in our Article [Ascension: Our Observations](#).

On 30 May 2022, our Resonance Tests showed:

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

As at 30 August 2022, our Resonance Tests show that the timeline has changed and now:

- *There is a 99% probability that by 2033, all people on Earth are ascended beings.*



We hope this series of Articles have been an interesting read.

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### **Published by Armichi Wellness, August 2022**

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