



ASCENDERE

January 2026

YOUR BEST TIMELINE

Greetings!!

Happy New Year!!!! Please do your best in embracing this new year aka January 2026 with the intent of reset, realignment and healing. This year will be phenomenal for fast manifestation! If you feel that you are in a period of stagnation despite doing all of the "right" things, Ascendere is encouraging you to know the following things. First, your are neither behind or broken. Second, you are clearly ready for a new frequency to experience your best timeline.



Affirmations

Ascendere's intention isn't merely to hope for change, we ensure that we clear the energy, recalibrate the nervous system and activate the timeline where you feel safer to receive, clear and confident, protected and guided and open to love, healing and momentum. For the start of the year, we are inviting you all to make a stronger version of yourself. The primary affirmation for this month is to tell yourself that "I am aligned. I am protected. I am ready". For those of you stuck in delays, detours or self doubt, please check out our latest post here at <https://www.tiktok.com/t/ZP8yT7Adj/>. This month we will post quick energetic activations that you can do in under a minute. When you see them, breathe, absorb and let your body learn safety and security again.

