



ASCENDERE

May 2026

YOUR BEST TIMELINE

Greetings!!

Welcome to Ascendere! May arrives carrying the frequencies of growth, manifestation, beauty, grounding, and divine expansion. This month is asking us to bloom unapologetically, trust our intuition more deeply, and align ourselves with the timeline where abundance, peace, health, love, and prosperity already exist. We had the wonderful opportunity to visit Sedona, AZ which is essentially the mecca of spiritual enlightenment with its mountain vortices. We invite you to take advantage of our Reiki healing sessions which will restore energetic balance, emotional clarity, and spiritual alignment.



Affirmations

Intentions for the upcoming New Moon on May 16th will be the our focal point this month. The New Moon portal is ideal for manifestation work, new business ideas, love intentions, wealth activation, timeline shifting, and planting energetic seeds. Repeat the following affirmations to take advantage of of the power of the new moon:

"I now align with my highest timeline. I allow abundance, peace, clarity, health, joy, and divine love to flow effortlessly into my life. I am worthy to receive."

"I am aligned with overflow, divine opportunities, spiritual protection, radiant health, unconditional love, and financial abundance. Everything meant for me is finding me now."

