What to Expect from Ascension

Ascension Symptoms - From Homo Sapiens to Homo Luminous

Rising in Consciousness

The template of what we knew to be 'human' is rapidly changing into a much lighter vibrational version.

The individual is becoming more heart centered, compassionate and creative, and is also opening to greater cosmic consciousness as long constricted glands including the pituitary and pineal open naturally and fully to function as they were designed to do.

What Can I Expect... Beginning Experiences In The Higher Realms

1) Moving into a better job that supports the expression of who you are, your passion or your mission, which are basically the same.

2) Greater financial abundance as you’ve never quite experienced before.

3) Most of your dreams come true and easily.
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4) You attract a new mate/partner or you and your current partner have a relationship revolving around companionship with no issue related "hooks." You love, admire and adore each other for who you are with no dependencies.

5) As you further evolve, you re-unite with your “twin” who is a total reflection of you.

   Being together is like being with yourself and you feel a unity to Source as never before.

6) You don’t seem to care much about anything and nothing seems to matter anymore. In other words nothing bothers you and you do not get irritated or angry at every little thing. You have evolved out of the Old way of being of drama and emotions.

7) You have lost your interest in the “New Age” arena.

8) You know that all your needs are met, and always will be.

9) You no longer have the desire or need to make things happen, “to try,” or “to fix” anything. You understand and practice “allowing”, “acceptance”, “being” and “intent”.

10) You can no longer relate to mental and analytical processes. You now relate to “feeling” and seeing things is all their clarity, seeing all sides of a situation all at once.

11) You no longer care what anyone thinks about you or anything else.

12) You understand that there is no right or wrong, good or bad, black or white. Everything just is. In fact, you realize up is down, left is right and right is wrong!

13) You finally realize that there is no dark, only light. The appearance of lack of light is simply to provide a contrast to spur us on to creating what really feels good. All energy is always going in the same direction, supporting the light.

14) You have lost your desire to read books or gather any more new information as you are now much more connected to Source, and can gather it “directly” by being, feeling and “knowing.”

15) Your health improves and/or you experience a miracle-like healing of a long-standing physical ailment(s).

16) You crave a simplicity in all things and require and thrive on simple processes, simple desires and a very simple lifestyle. There is no need to gather material things and wealth. Manifesting things becomes easy and first nature to you.
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17) You begin to experience a flow to life at a slow leisurely pace, where you need not do anything you do not really wish to. Everything falls into your lap. You experience much basking, savoring and gratitude for the simple things in life. There is no feeling of stress, anxiety, and the rush of not having enough time to finish something on a short deadline.

18) You only desire to do what is yours to do and no longer have a life full of mundane “responsibilities”. When much releasing has been completed you are then left with a purified you... a gold nugget of your Divine expression. This is your contribution to the New World.

19) You easily pick up the thoughts, feelings, desires and needs of others, as you are becoming empathetic/telepathic.

20) You can control your emotions, your experiences and create your world with your mind and intent without doubt or fear, as you have Purified Yourself of all Human illusions, possessing nothing but Pure Intentions for the Highest Good of All.

21) Your surrounding environment has little effect on you. You don’t take things personally. Nothing is really worth getting that upset about.

22) You have an unquenchable thirst for creativity. The enormous amount of energy running through you demands an outlet. You feel most at home and in alignment with Source when you are in your passion and creating.

23) You laugh a lot and find many things amusing and funny.

24) You have a heightened love and compassion for all living things. You are also experiencing higher states and more frequent states of love and joy.

25) You live in the moment without a “day planner”. Things just naturally unfold day-by-day and moment-by-moment. All stress is gone. There is no need to hurry up from doing one thing then going to do something else on a strict time schedule, looking at the watch every hour.

26) You feel incredible peace. There is a distinct absence of fear and you feel safe and secure.

27) Your inner child seems to have disappeared (relating to issues and wounds), although you love to play and frolic. Much of the time you just want to play, play and play!

28) You begin to have an understanding about how everything is connected. You understand that there are no mistakes.
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The Spiritual Awakening Symptoms

1. Body aches and pains, especially in the neck, shoulder and back. This is the result of intense changes at your DNA level as the "Christ seed" awakens within. More important, your Merkabah, energetic transportal Body, has/is being upgraded and made new. This will be explained and understood more fully as you progress. Suffice to say, ageing, dis-ease, and limitations are freed within this New Experiencing Device.

2. Feeling of deep inner sadness for no apparent reason. You are releasing your past (this lifetime and others) and this causes the feeling of sadness. Literally... pieces, parts... "aspects" of YOU are being seen and released/transmuted appropriately. Although, many may not seem difficult to release, others are comfortable personalities that must be reconciled. Say, "good bye," I love you. You have served me well. I no longer need you."

3. Crying for no apparent reason. Similar to #2 above. It's good and healthy to let the tears flow. It helps to release the old energy within. There's a multitude of emotional energies within you now... try not to focus on the "why" and just feel, allow...

4. Sudden change in job or career. A very common symptom. As you change, things around you will change as well. Don't worry about finding the "perfect" job or career right now. You're in transition and you may make several job changes before you settle into one that fits your passion.

5. Withdrawal from family relationships. You are connected to your biological family via old karma. When you get off the karmic cycle, the bonds of the old relationships are released. After a period of time, you may develop a new relationship with them if it is appropriate. However, the relationship will be based in the new energy. This period is often times referred to as "The Fall," or "The Separation." Do not worry, as there is no separation that is valid. Only the "feeling, seeming, illusion" of such.

6. Unusual sleep patterns. It's likely that you'll awaken many nights between 2:00 and 4:00 AM. There's a lot of work going on within you, and it often causes you to wake up for a "breather." Not to worry. If you can't go back to sleep, get up and do something rather than lay in bed and worry about humanly things. This is also due to the New Body being acclimated to its new environment, which requires no sleep (meditation) and little to no nourishment.

7. Intense dreams. These might include war and battle dreams, chase dreams or monster dreams. You are literally releasing the old energy within. Plus, you are remembering and connecting with past lives, memories, experiences and knowledge. These dreams, if "scary" in nature, cannot harm you. Although, they may be pleasant in nature, as well. If so, enjoy, and either way, don't worry or over-analyze.

8. Physical disorientation. At times you'll feel very much ungrounded. You'll be "spatially challenged" with the feeling like you can't put two feet on the ground, or that you're walking between two worlds. As your consciousness transitions into the new energy, your body sometimes lags behind. Spend more time in nature to help ground the new energy within.
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9. Increased "self-talk." You'll find yourself talking to yourself more often. You'll suddenly realize you've been chattering away with yourself for the past 30 minutes. There is a new level of communication taking place within your being, and you're experiencing the tip of the iceberg with the self-talk. The conversations will increase, and they will become more fluid, more coherent and more insightful. You're not going crazy, you're just Shaumbra (shifting consciously on soul level) moving into the new energy.

10. Having feelings of loneliness, even when in the company of others. You may feel alone and removed from others. You may feel the desire to "flee" groups and crowds. As Shaumbra (on a new soul level), you are walking a sacred and lonely path. As much as the feelings of loneliness cause you anxiety, it is difficult to relate to others at this time. And, others may find much difficulty in their relation to you, mostly due to your over-powering energetic force. The void within will be filled with the love and energy of your own Christ consciousness.

11. Loss of passion. You may feel totally dis-impassioned, with little or no desire to do anything. That's OK, and it's just part of the process. Take this time to "do no-thing." Don't fight yourself on this. It's similar to rebooting a computer. You need to shut down for a brief period of time in order to load the sophisticated new software, or in this case, the new Christ-seed energy.

12. A deep longing to go Home. This is perhaps the most difficult and challenging of any of the conditions. You may experience a deep and overwhelming desire to leave the planet and return to Home. This is not a "suicidal" feeling. It is not based in anger or frustration. You don't want to make a big deal of it or cause drama for yourself or others. There is a quiet part of you that wants to go Home. The root cause for this is quite simple......You are ready to begin a new lifetime while still in this physical body.

During this transition process, you have an inner remembrance of what it is like to be on the other side. Are you ready to take on the challenges of moving into the New Energy?

Yes, indeed you could go Home right now. But you've come this far, and after many, many lifetimes it would be a shame to leave before the end of the movie.

Besides, Spirit needs you here to help others transition into the new energy. They will need a human guide, just like you, who has taken the journey from the old energy into the new. The path you're walking right now provides the experiences to enable you to become a Teacher of the New Divine Human.

As lonely and dark as your journey can be at times, remember that you are never alone.

The Spiritual Ascension Symptoms

1. Feeling as though you are in a pressure cooker or in intense energy; feeling stress. Remember, you are adjusting to a higher vibration and you will eventually adjust. Old patterns, behaviors and beliefs are also being pushed to the surface. There is a lot going on inside of you.
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2. A feeling of disorientation; not knowing where you are; a loss of a sense of place. You are not in 3D anymore, as you have moved or in the process of moving into the higher realms.

3. Unusual aches and pains throughout different parts of your body. You are purifying and releasing blocked energy vibrating at 3D, while you are vibrating in a higher dimension.

4. Waking at night between 2 and 4 a.m. Much is going on in your dream state. You can't be there for long lengths of time and need a break. This is also the 'cleansing and releasing' hour.

5. Memory loss. A great abundance of short term memory loss and only vague remembrances of your past. You are in more than one dimension at a time, and going back and forth as part of the transition, you are experiencing a 'disconnect'. Also, your past is part of the Old, and the Old is forever gone. Being in the Now is the way of the New World.

6. 'Seeing' and 'hearing' things. You are experiencing different dimensions as you transition, all according to how sensitive you are and how you are wired.

7. Loss of identity. You try to access the Old you, but it is no longer there. You may not know who you are looking at in the mirror. You have cleared much of your old patterns and are now embodying much more light and a simpler, more purified divine you. All is in order, you are okay.

8. Feeling 'out of body'. You may feel as though someone is talking, but it is not you. This is our natural defense mechanism of survival when we are under acute stress or feeling traumatized or out of control. Your body is going through a lot and you may not want to be in it. Ascension guides say that this is a way of easing the transition process, and that we do not need to experience what our body is going through, our minds need to be calm and know that these symptoms will pass. This only lasts a short time. It passes when we have worked through what needs to be released.

9. Periods of deep sleeping. You are resting from all the acclimating and are integrating, as well as building up for the next phase. Or, Days of extreme fatigue. Your body is losing density and going through intense restructuring.

10. Heightened sensitivities to your surroundings. Crowds, noise, foods, TV, lights, other human voices and various other stimulations are barely tolerable. Some people develop sound sensitivity and are also sensitive to lights so their eyes hurt in bright lights, or they have headaches or migraines if they stay too long in artificial bright lighting. You also overwhelm very easily and become easily overstimulated. You are tuning up. Know that this will eventually pass.

11. You don't feel like doing anything. You are in a rest period, 'rebooting'. Your body knows what it needs. In addition, when you begin reaching the higher realms, 'doing' and 'making things happen' becomes obsolete as the new energies support the feminine of basking, receiving, creating, self-care and nurturing. Ask the Universe to 'bring' you what you want while you are enjoying yourself and having fun.

12. An intolerance for lower vibrational things of the 3D, reflected in conversations, attitudes, societal structures, healing modalities, etc. They literally make you feel 'sick' inside. You are in a
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higher vibration and your energies are no longer in alignment. You are being 'pushed, to move forward; to 'be' and create the New. One basic law of Quantum physics states that two vibrations of different speeds cannot occupy the same space at the same time. This is and has been true on this dimensional level of Truth. However, this "Law" Is currently being "broken".

13. A loss of desire for food, and/or sleep. Your body is adjusting to a new, higher state of existence. Your new body is slowly learning and adapting to the Truth of its superiority of the old body. You require little to no sustenance, (although drink much Water) and you need not sleep much... soon to be none. The body's need for "sleep" is acquired through meditative practices, and is sated within a fraction of your past body's requirement of "sleep."

And, Or... A need to eat often along with what feels like attacks of low blood sugar. Weight gain, especially in the abdominal area. A craving for protein. You are requiring an enormous amount of fuel for this ascension process. Weight gain with an inability to lose it no matter what you do is one of the most typical experiences. Trust that your body knows what it is doing.

Some people cannot tolerate foods that have gluten in them like bread or wheat products, foods for GMO, or food additives, as we shift into our higher dimensional existence our bodies ask for nourishment of organic and natural foods to eat healthy so our bodies are strong and capable of receiving the new vibrational frequencies of the evolutionary process that is happening on earth. When some people stop eating gluten they start feeling healthier with more energy levels, they do not get sick as often with digestive track issues of the stomach, and can lose weight more easily.

14. A sudden disappearance of friends, activities, habits, jobs and residences. You are evolving beyond what you used to be, and these people and surroundings no longer match your vibration. The New will soon arrive and feel so-o-o-o much better.

15. You absolutely cannot do certain things anymore. When you try to do your usual routine and activities, it feels downright awful. You are evolving beyond what you used to be, and these people and surroundings no longer match your vibration. The New will soon arrive and feel so-o-o-o much better.

16. Experiencing emotional ups and downs; weeping. Our emotions are our outlet for release, and we are releasing a lot.

17. A wanting to go Home, as if everything is over and you don't belong here anymore. We are returning to Source. Everything is over, but many of us are staying to experience and create the New World. Also, our old plans for coming have been completed.

18. Feeling you are going insane, or must be developing a mental illness of some sort. You are rapidly experiencing several dimensions and greatly opening. Much is available to you now. You are just not used to it. Your awareness has been heightened and your barriers are gone. This will pass and you will eventually feel very at Home like you have never felt before, as Home is now here.
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19. Anxiety and panic. Your ego is losing much of itself and is afraid. Your system is also on overload. Things are happening to you that you may not understand, events are accelerating at a rapid rate and happening quickly. You are also losing behavior patterns of a lower vibration that you developed for survival in 3D. This may make you feel vulnerable and powerless. These patterns and behaviors you are losing are not needed in the higher realms. This will pass and you will eventually feel so much love, safety and unity. Just wait.

20. Depression. The outer world may not be in alignment with the New, higher vibrational you. It doesn't feel so good out there. You are also releasing lower, darker energies and you are 'seeing' through them. Hang in there.

21. Vivid, wild and sometimes violent dreams. You are releasing many, many lifetimes of lower vibrational energy. Many are now reporting that they are experiencing beautiful dreams. Your dream state will eventually improve and you will enjoy it again. Some experience this releasing while awake. Some people may see nightmares during the daytime, or vivid images of spaceships, new realities, etc.

22. Night sweats and hot flashes. Your body is 'heating' up as it burns off residue and lower base vibrations.

23. Your plans suddenly change in mid-stream and go in a completely different direction. Your soul is balancing out your energy. It usually feels great in this new direction, as your soul knows more than you do. It is breaking your 'rut' choices and vibration.

24. You have created a situation that seems like your worst nightmare, with many 'worst nightmare' aspects to it. Your soul is guiding you into 'stretching' into aspects of yourself where you were lacking, or into 'toning down' aspects where you had an overabundance. Your energy is just balancing itself. Finding your way to peace through this situation is the test you have set up for yourself. This is your journey, and your soul would not have set it up if you weren't ready. You are the one who finds your way out and you will. Looking back, you will have gratitude for the experience and be a different person.

The 12 Levels of Ascension

We are all evolving and absorbing Light at our own pace. Some are consciously working with these changes and so their transmutation is quicker, some are unaware and are absorbing this Light and change in direct relation to planetary change. However, one can classify this creation into levels ...

1 FIRST LEVEL

When the body drops density it commonly displays mutational symptoms of flu, headaches, diarrhea, rashes, muscle and joint aches. Most flu epidemics are actually Light epidemics! Brain chemistry changes, right and left brain functions blend and the pituitary and pineal glands begin to change in size. The DNA structure and chemical components begin to change and pick up extra
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hydrogen atoms and chemicals that the cells need to take undifferentiated higher Light and break it down into useable Light encodements for the DNA.

2 SECOND LEVEL

The etheric blueprint floods with light and releases karmic experiences, individuals may feel disoriented as well as experience something called 'bouts of flu'. Many begin to question "why am I here". Light in the etheric blueprint releases 4th dimensional structure and causes, the light spins in the geometries of the emotional, mental and spiritual bodies. Change is rapid and many feel tired.

3 THIRD LEVEL

Physical senses become much stronger. Your body not only absorbs Light for its own change but also acts as a transducer- decoder of higher light energies to the planet as a whole. The process of the in-breath is now irreversible, like an elastic band that has been stretched to maximum capacity, been let go of and will return to its natural state.

4 FOURTH LEVEL

Major changes are occurring in the brain and its chemistry and electromagnetic processes, energies are shifting in frequencies and thought patterns- symptoms are often headaches, blurry vision, loss of hearing and sometimes chest pains. Crystal regulators in the etheric body keep lines of light within the 5th dimensional blueprint from connecting again until you are ready. Chest pains are due to the expanding energies of the heart as it opens to deeper levels. Vision and hearing are being realigned to function differently.

The mental body begins to wonder if it really is in charge and individuals get strong unexplainable and undeniable urges to follow spirit without hesitation. Individuals may get lashes of telepathy, clairvoyance and nearly all begin to experience empathy. This is a time of feeling, of honoring and accepting and validating the emotional body and learning to control it.

5 FIFTH LEVEL

The mental body decides to tune to spirit, dreams change and may become more 'lucid', you get feelings of de ja vu. Thought processes become nonlinear. Being's oscillate between knowing and doubt. We realize the habitual nature of thinking and behavior and look at de-programming and re-programming to create the "I" we wish to be, not the "I" we thought we were from our interaction with parents, peers and society, etc. Change seems to be constant and we consciously begin to discern from our heart rather than judge from 'conditioned responses' coming just from our thinking process in the brain.

Genetic memory recall happens and we are able to remember our past lifetimes, history as it truly is, DNA coding sequences are upgraded so cellular memory is advanced, we can remember anything that is needed and access all types of important information from Source energy and the
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universe. We will have instant photographic and adiabatic memory, our brain will function like a super computer.

6 SIXTH LEVEL

We draw to us others for mutual support and stimulation of growth. We question what is real, our mental process and how we identify with others and ourselves changes rapidly. Re-evaluation may be uncomfortable but we feel it must be done - we look at our relationships, jobs, home environment, living styles, it is a time of letting go, of moving on. We change our friends, everything feels to be in a state of flux but we feel lighter, vaster, and freer somehow. By this stage the Light quotient in our being is 33% - we feel as though we are opening up our inner senses and clairvoyance, clairaudience etc. seem normal and natural to us, as we are psychic beings connected to Source energy.

7 SEVENTH LEVEL

The heart chakra opens more, we become more 'real' with other emotions, and we just have to be ourselves! We release blocks and old patterns - it is a time of great emotional clearing and great intensity as we seek to rid ourselves of emotional baggage. We feel more in tune with each moment, feeling very present and flowing with life.

Often old relationships end or change rapidly as Being's dig deep and honor their feelings - there is simply no room for denial on any level. We begin to lose emotional attachment to others. Chest pains (angina) are more common as the heart continues to open its energy fields. (Doing the Unified chakra meditation will assist in the heart opening).

Fear at this time is released as the energy fields of all the bodies are realigned through the heart and when aligned, fear drops away. Pressure at the forehead or back or the head is due to the opening of the pituitary and pineal glands as they absorb more light, when these glands are fully open, activated and functioning at the highest level, ageing and death cease. When the pineal gland is fully open we experience multi-dimensionality yet duality seems to increase as we leave it behind.

Some days we feel connected and joyous, others we are in fear and caught up in survival issues. Many wish to 'ascend' and leave the planet as we sense the very real possibility of ascension through our deepening connection with spirit. As we learn to follow our joy, we may then want to 'save the planet' and have everyone follow their joy.

All are stages of progression and reflect our changing perception. Dietary wise, you feel to eat less, more light, live food - many at this stage have ceased to eat meat, sugar and drink alcohol as they 'feel' the effects of these substances on the vibrational fields of the body.

8 EIGHTH LEVEL

We leave the 'saving and rescuing' mode behind. The pineal and pituitary glands change shape, if headaches persist ask the Beings who are working with you to simply 'tone it down' for they don't
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feel pain, or ask them to release endorphins - the brain's natural opiate. The brain is being activated - particularly the cerebrum, the 'sleeping giant'. Cranial expansion is common; triangular 'seed crystals' in the brow and recorder crystals in the right side of the brain are activated along with the 8th, 9th and 10th chakras. We begin to be hooked into the languages of Light.

The pituitary and pineal glands are opened fully and work together to create the 'Arc of the Covenant', a rainbow light that arcs over the top of the head to the third eye that is a decoding mechanism for higher dimensional language. You may find it hard to find words to express yourself as you may think in geometries and tones. If confused do the unified chakra meditation and ask for messages to be decoded and translated. Again you become much more aware of the vastness and multi-dimensionality of your nature, that you can be anything that you want to be, you cease to operate from obligation and relationships become transpersonal.

You share words from your heart and soul and others may feel disorientated when dealing with you as they no longer have 'hooks' into you to link with. You operate from a deep level of serenity with heightened sensitivity and awareness yet feel grounded and transformed. By this stage, it is possible to be sustained purely by Light and prana, to take no nourishment from the atmospheric realms and to be healthily sustained by the etheric.

9 NINTH LEVEL

Decoding geometries and toning is easier, spirit is using the languages of light which shift the 6th dimensional blueprint into a new template for your 5th dimensional Light body. Your body may change shape as the energy field's shift. You feel interconnected to all Being's everywhere and less connected to the opinions of others. You release the desire for and the energy to sustain the 'game of separation and limitation' and feel truly free. The 9th level sees a mass ascension of the Light body sending positive vibrational energies into physical form to create enlightenment and cement the connection with Source and the cosmos. As with the 3rd and 6th, this level sees a strong re-evaluation as we begin the final surrender to Spirit and we truly become the Divine instrument. Here Spirit determines our income, our work, other being's in our lives, everything.

This is the dissolution of the ego-self and while ecstatic, it can be most painful. Making the leap can be fearful even though we have evolved through eons of time to reach this point. We may go back and forth, clinging to old comfort zones before completely letting go - there is no turning back and all must be released. 9th level is surrender and then ecstasy; the letting go of the "I" - we realize that while free will is real it is also an illusion as it only there to guide us and to empower us to be One with Spirit. Survival fears leave - focus in on the Now at one-at-meant. Though fears may surface, they seem unreal and are easily put aside.

We tend to disconnect from consensus reality and our choices and reality seem unreal to others. From the 7th, 8th and 9th the inner light noticeably radiates out and by now you feel unbelievably grounded, connected, centered, filled with purpose and desiring only to serve. For a while you may slip between the 8th and 9th, from feeling complete at-one-meant to being 'a limited human being' again, this settles down by the end of the 9th level. You then continually feel connected and operate from your Christ level and your intention and motivation is always for the highest good, although
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others, due to their own inner triggers and issues, may not always choose to see that. The 9th is where we begin to hook up to our highest knowing consciousness and awareness.

Know that although our evolutionary process is rapidly accelerating, along with the new higher vibrational energies we have not created Heaven yet. So, though you may be struggling and confused at this time, know that your future holds the following the creation of Your Heaven on Earth, maybe even before the final push. Just have Faith: I AM statement helps with this.

The last three levels unify all energy fields, all chakras are unified and you become totally connected to your, I AM.

10 TENTH LEVEL

You are one with Source consciousness and know all is possible. DNA is no longer 2 stranded but 12 stranded; teleportation, manifestation etc. are instantaneous. The Merkabah (another name for our Light body) has been built and allows you to pass through space, time and dimensions complete in your totality. It has its own consciousness to be directed by you.

11. The 11th LEVEL

All levels of the light body have been constructed and activated and are connected to your physical body via 'spin points'. These light matrix's lie along the physical acupuncture meridians and are lines of light intersecting in beautiful geometries - a new 5th dimensional circulatory system of Light. Cellular regeneration has been accomplished. Time is no longer linear but simultaneous - past, present and future co-exist - all exist in parallels. There is no separation and you will fully manifest your vision of Heaven on Earth and express the ecstasy of Spirit. In this 'frame' of conscious awareness many now access and create new types of Light based technologies, new community living, new systems of government and equitable food and resource distribution systems. All have received specialist training and skills to help create and manifest the New World - the 'Golden Age'.

12. The 12th LEVEL

The continuation of the Creation and implementation of the New World systems - hook up with other 12th level initiates who bring into existence new governments, new financial and educational systems, better system of food and resource allocation etc. as all will be redefined in the final stages of Earth's ascension so that all may exist in joy, equality and harmony. By this time the planet and her inhabitants will have been 'rewoven' into Light to shine in their full glory as the final stages of this Divine Plan unfolds. The planet goes to Light, shifts out of this dimension and is brought into a multi-star system where everyone is a light body and follows Spirit in total Mastery. All parallel realities are rewoven and absorbed back to Spirit and all have aligned their will to the Divine.