



Ascension Changes

As we increase the Light within the physical body, changes will occur. The DNA is changing from a 2 strand to a 12 strand, over a long period of time of course, but it is very noticeable even today. Whilst this is taking place, you could feel surges of heat as the body shifts, some liken it to a hot flush and this can happen to men as well as women. There is no special pattern it can occur several times a day, for a few weeks then none at all for a while. Other common symptoms could show as difficulty focusing your eyes. One day your eyesight is fine the next day you are holding the paper further away. This happens because the incarnated Soul is merging with the Monad or 'I Am Presence'. This can take some time to complete so you may need low magnified reading glasses. Other signs are numbing of a part of the body which doesn't last too long. Many experience tingling, pressure or headaches in the 3rd eye or crown chakra. [Pineal and Pituitary changing] Influenza = a clearing process and usual aches and pains. These symptoms occur in all age groups and both sexes.

You possibly feel you cannot get as much done in a day as you used to. The reason for this is time is accelerating as the planetary vibrations speed up. Although the clocks may appear the same, we have currently lost 11 hours and 3 minutes during a day. I know, it is really hard to get your head around that one. This pattern of losing time has been occurring for several years now and the momentum is quickening. This will continue until there is 'no time' left, as we move into the eternal now of the 5th dimension. Massive earthquakes could possibly be the cause of the change in the Earth's rotation, shortening the length of the day.

You are possibly experiencing blank spots during your day, when you suddenly realise you were 'off' somewhere. This is your adjustment to becoming multidimensional during your conscious waking time. Blank spots often occur in mid-sentence, especially when you are saying something that is pure truth; the words just disappear.

Many spiritual council meetings take place during the night at different sectors or locations. Sometimes you can attend 3 meetings a night; as a result, you could feel tired or exhausted when you wake in the morning. You can request from your Monad a shorter agenda. This will ensure you are not quite so active at night. These meetings are why you may be waking up at 3am and 5am; it is the time the meeting ends. If you do wake at night it is best to accept this without resisting, protesting or allowing yourself to fully wake up. This will allow you to go back to sleep again easily. To stay alert and grounded may require some changes in your life; the following steps maybe helpful:

1. You may need to get more or less sleep
2. Eat foods with a higher vibration, foods that are 'live' such as fresh fruit and vegetables. Avoid 'dead' processed foods
3. Drink good quality water in sufficient quantity.
4. Do types of work or exercise that assist grounding, such as gardening or physical work.
5. Throw out everything in your life that you do not like or enjoy
6. Get out of a soul-destroying job
7. Maintain a pure intent and integrity



8. Cancel negative thoughts as they arise, try to flood your mind with white light this will keep your aura clean.
9. Don't allow yourself to wallow in criticism and judgement.
10. Use the Violet Flame of transmutation to clear any dense energy around you.
11. Maintain an absolute viewpoint of unconditional love for all life.
12. Concentrate on your breath, this is one thing that is in the 'now.' This is your link to the breath of Source. Your breath will often change becoming gentler and slower. It is being adjusted into the harmony of the Divine Universal Breath.

Each of us will learn at our own pace, just try to be relaxed and laid back as possible, and don't be concerned of the changes taking place. It will happen to every human on this Earth at some time. You wanted to be here at this special time in our existence, this you decided at Soul level, it is time for your Ascension.

More Ascension signs and symptoms

- Cold or flu-like symptoms
- Frequent headaches
- Pulsating energy
- Warmth and Tingling, unusual feelings in the crown
- Sudden changes of mood, body temperature, intolerance
- IBS, digestive problems, loss of appetite, or weight gain especially around the middle
- Panic attacks for no reason, changes in vision, buzzing in ears, popping and pressure
- Intolerances, allergies to certain foods, sudden cravings for food
- Daydreams, fantasy, flashes of insight or visions, increased creativity or ideas
- Clumsiness, lack of coordination, bumping into things, dizziness, dropping objects
- Muscle spasms or twitches in certain parts of the body
- Letting go of relationships that you have nothing in common with anymore or that you feel are holding you back.
- Lots of energy then none at all. Scattered thoughts, extreme sensitivity, and feeling over emotional, crying for no reason, and depression for a couple of days.
- Anger, short tempered, impatient, intense frustration.
- An increase in synchronicity [meaningful coincidences] seeing 11:11 Or other recurring numbers.

So much more, I have just touched on some that are occurring daily to all going through their Ascension process.

I hope this information will help, please share with others, thank you.