

Wisdom Path *Ascension...*



*Energy Technology Tool Kit supporting your
Journey to Heart Activation, Heightened
Awareness & Soul Ascension*

By: Christel Hughes, C.Ht.

Wisdom Path *Ascension...*

*Transformational Tool Kit for Heart Activation,
Heightened Awareness & Pure Soul Ascension*



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Prologue

Does it seem as if you may never arrive? Does it feel as if you keep clearing and there is still so much more to do? Are you on a never ending merry - go - round of energy clearing?

What is your true Wisdom Way to Health, Love, Freedom & Prosperity?

Your Wise One, the Higher Self, will show you, tell you, support you and Illuminate your Wisdom Path for you.

Your Wise One knows where it is you are meant to be... And will work with your ascended “team” to organize your Future Lifeline and play your purpose out to completion.

We must move beyond ego restraint, let go of control and flow into the Soul Awakening Process...

The Path to Pure Ascension can be a difficult one, full of dramatic experiences, health issues, loss, and financial constraints...

And that is why you will want to take the Wisdom Way of your Higher Self. This way is your unique way - no other way works!

The Wisdom Path Ascension course will assist you in Activating your Heart, Opening to Heightened Awareness and have you move into Pure Awareness with determination and clarity.



Wisdom Path *Ascension...*

*Training for Heart Activation,
Heightened Awareness & Pure Soul Ascension*



By: Christel Hughes

What's Inside

What is the Ascension Process?

What is this chaos really all about?

The Dimensional Shift... from 3D to 5D

Symptoms of Ascension:

The 5 Senses are shifting... Sight, Hearing, Taste, Touch & Smell

Physical, Emotional, Mental, Psychic & Spiritual

Chakra & Aura Upgrades... Going Up!

7 Major Chakras

Transpersonal Chakras

The Divine Feminine Re-Awakening

Coming Soon!

12 Week Ascension Guide (delivered weekly)

12 Wisdom Way Illumination Sessions (delivered weekly)



What is it?

Ascension...

Let's start at the beginning... What are we talking about when we use the term Ascension?

Lately, you may have heard people talking about the Ascension Process. Many Conscious communities are discussing this process, and for good reason. We are all being affected at this time of transition... So, What is Ascension and what does it mean for you?

Ascension is the process of shifting consciousness, that is your Awareness or Perception of something. We are now in the midst of many great energetic shifts in consciousness, both planetary and on a human level.

We will discover, throughout these pages...

- **What ascension is and what it means to you**
- **How to know if you are in the midst of Ascending**
- **The many aspects involved in the ascension process**

Aspects, such as:

Raising your vibration, Activating the Heart, Opening the chakras, Transpersonal consciousness, Heightening your awareness, Setting yourself free from ego restraint, Balancing your masculine/feminine, Learning to alchemize dark to light, Transformational cycles, Shifting time/space reality, Your auric evolution and Molding your Morphic field.

But what is Ascension really all about? How do we prepare for the process and support ourselves through it?

Let's find out...



What is it really all about?

Ascension...

What is the process of Awakening? How are you moving along your Spiritual Path? How are you moving into becoming your Supreme Being Self?

Are you experiencing wild and erratic symptoms?
Do you feel totally out of control? What is going on with you?

Well, I can tell you that if you feel as if you are losing grasp with reality... You Are!!! You are losing grasp of the "old" reality...

And you must lose your grip to move into the next one... if you keep holding on to what is familiar, then you will never get to a place of relaxation enough to enjoy the fun of the journey and the future possibilities awaiting you.

It is an aerial feat! Swinging from one bar to the next, like an aerial trapeze artist. At some point, you are not holding onto anything! Yikes, right?

But your established momentum will carry you through to the next bar coming your way...

You simply need to focus your attention on the next bar coming and Trust that it will be there to meet you. You are swinging on the flying trapeze with your Higher Self...

Your Higher Self is your partner. A partner that you can Trust will not let you fall. You will be provided with the next bar to grab... the next trapeze will arrive and you can then fly through the air in relief and joy. And remember... there is always a safety net provided for you.



I want the Truth, give it to me!

Ascension...

Okay, let's clarify now... Actually, the term ascension is a bit misleading. When you consider the word Ascension you may think of going up to meet something, rising to the top or reaching a peak.

The true concept of spiritual ascension has a bit of a slant to it... it is a bit more complex than that, only because it is a process, so therefore ascension entails much more. It doesn't mean that we are rising up somewhere specifically, or that we are leaving the place where we are to physically relocate, but it encompasses a broader concept.

Ascension is truly about the process of clearing out our past baggage, which allows us to support more of our Higher Self coming down into our bodies, via a change in our spiritual constitution.

As we start to ascend in our spiritual evolution of holding higher levels of light and consciousness, it allows for our Higher Self and Source energy to enter our body, aura and reality.

Individually, the ascension process is about shifting our own energy blockages, programming and lower level paradigms of consciousness, from the outdated blueprint that creates one reality (limitation), based on the physical laws, to another reality (unlimited possibilities), based on Spiritual laws.

On a social level, the ascension process is a collective shift in consciousness across all continents, that creates a new unified reality.. Moving from Separation Consciousness (a 3D reality) to Unity consciousness (a 5D reality.)

So in effect, the collective shift in consciousness brought about by individual ascension, creates a new higher dimensional reality in which we will all exist. This will appear within us as harmony and presence.





The Process of Ascension...

The many facets we face

The actual process of ascension itself has many facets, but its main concerns are:

- ***Managing your energy...*** including your capacity to clear and transmute lower energies to higher energies, set healthy boundaries, maintain a state of being that aligns with your values and anchor your energy in your body.
- ***Creating greater levels of balance...*** between your Masculine and Feminine aspects, and understanding the importance of integration within yourself and with others, the Planet and Universal energies.
- ***Discovering yourself as a Creator...*** and your gift of manifesting into reality your heart's desires, synchronicity, visioning and being the full embodiment of Love.



The Process of *Ascension...*

The Ascension Process will require giving greater attention to what you do, eat, participate in and value...

You will need to practice nurturing yourself through change, recognizing and releasing emotionally pent up energies, surrendering to the process of dismantling the current structures, letting go of the fear of loss of control and the need to know.

It calls you into being aware of your shadows - what you have hidden away in the closet of your mind.

Suddenly you must make a resolve to own your power as well as your personal gifts, to speak your Truth in the moment and also learn to live Love regardless of what your lower egoic-self wants.

After moving through the death of so many personas, ways of old and beliefs, patterns and paradigms... You arrive at a place where you are resourceful because you live in Unity Consciousness which nourishes *cooperation*, *collaboration*, *co-creation* & *coherence* and it feels comfortable to you.

So each of us becomes a responsible, resourceful Creator that lives Whole-heartedly from heart based principles. We view ourselves, each other and the Planet as cut from the same cloth. We are connected and create One Whole entity.

There is a direct link between you and the whole... work for the sake of the Whole and become a tremendous source for change in the Universe.

In essence, you shift from Separation Consciousness into Unity Consciousness... From a 3D reality to a 5D reality.



The Dimensional Shift *from 3D to 5D...*

An evolutionary and natural transition

Ascension occurs as we cycle through our individual evolutionary process. There is a moment that you reach a specific stage of awareness in which you call out for living a unified life as your Higher Self expression.

Your Higher Self desires to descend into your body, but can only do this if you are ready to raise yourself to the frequency of Pure Light. **Light as information, shows up in life as you living your Truth...** Living your Purpose work as the gifted being that you are, requires a level of devotion to yourself and surrendering in service to the Divine. It is a lifelong quest of unification with the Self.

Ascension is occurring on a subtle level and is a natural transition that your Soul goes through to reach a state of alignment with Divinity. All stages of evolution are filled with their own insights and aha's. However, the progression through your Ascension is a special Initiation as it includes transitioning from a 3rd dimensional reality of duality and separation to an awareness of unity, wholeness, and harmony.

Moving into the 5th dimension, requires that one passes through the 4th dimension. To reach the fourth, requires holding a conscious intention for and taking action to clear emotions, thoughts, beliefs, patterns, and ancestral paradigms that are too dense.

As you shift your vibration from dense to light you will be permitted access to the 4th dimension because your energetic bodies will hold the higher frequencies of Light. You will hold a higher level of light...

But to get to the 5th dimension is something else entirely!



The Dimensional Shift *from 3D to 5D...*

A New Universal Paradigm is underway

There is a new paradigm that we are now creating... and you are helping this new reality to be anchored in the present.

In the past, you “ascended” as a transitional process, by passing over the threshold to death.

It was a valid intention to live life in a way that transformed all of the lower energy bodies into position in preparation for crossing over... this may have included a life of renunciation and complete spiritual devotion, living in an ashram.

We now have an opportunity presented to us to shift this Universal belief that we must die in order to ascend, and instead let the reality be, that we manifest the ascension of our lower level energy bodies while we are conscious, aware and alive.

For the first time in the history of our Universe, there is a possibility to increase the vibratory rate of our molecules in our physical body, to such a degree, that we can create a new energetic container.

This new, vibrant, crystalline structure will allow us to enter and live in the fifth dimensional reality while on this Earth.

Let us go a bit deeper into the conversation of our current dimensional reality and the opportunity to shift into another.



The Dimensional Shift *from 3D to 5D...*

Our current reality...

Our current dimensional reality is a mixture of the 3D state of consciousness where we identify and associate our reality using only the 5 senses. The over arching current belief is one where, what you see and what is tangible, is what is real... Anything outside of our 5 senses does not exist.

We look through a limited lens where we sense ourselves as separate, individual beings where our actions do not necessarily effect the World or have global repercussions.

The other part of the mixture is the 4th dimensional reality. The 4th dimension in this reality is the element of time.

The only way out of the time constraints placed by the 4th dimensional reality - constraints that would cause you a delay in your manifestations as well as restrictions on your body, is to move into the state of consciousness where all is One... You are One with Source, the Planet and her inhabitants.

You recognize that you have the power to create and connect with the Divine as your Higher Self and you acknowledge the Universal beings that support you... Your Ascended team, consisting of guides, Angels and beings of Light, Love, Power and service. Your Wise One, as it were, is the gift that the Universe has given you for support during this time of transition.

This level of awareness is known as the 5D reality... a reality that supports you living with an open heart, in communion with the Divine and with a sense of your Power as Creator.





Our dimensional reality...

Stepping outside of Duality & Time

3D = Duality **4D** = Time **5D** = Freedom

- **3D = Duality** Locked into a consciousness that is limited and isolating... this reality is driven by accomplishing and acquiring.
- **4D = Time** Between the 3rd and 5th dimension lies a bandwidth of vibration where time is the major influencer. We can surely feel the effects of time when we are moving throughout our day and when we want to manifest something... as we have to wait according to the appropriate perception of time.
- **5D = Unity** This reality displays existence in a state of Unity consciousness. This is where we are all One - we are all connected not only to Source, but to each other. We transcend the Ego state of fear, and arrive to one of unconditional self-love and Universal Love for all beings... Becoming conscious that we are not victims to our past, our blueprints or time. Knowing, we are co-creators; Divine manifestors of our own reality.. Comfortable with the unknown and understanding that our Higher Self conspires with the Universal energies to create our reality.



The Dimensional Shift *from 3D to 5D...*

Making the transition...

As you make your way, progressing to and through ascension, by clearing, raising your vibration and becoming more spiritually aware... You will experience physical, emotional, psychic, financial and spiritual ailments or side effects. These have been termed "ascension symptoms."

It's important to note that the "Ascension symptoms," manifestations, situations and experiences that arise as part of the ascension process, are actually symptoms of the process of moving towards ascension, rather than symptoms of ascension itself.

Note that these "symptoms" do not happen to you because of your spiritual ascension, but rather due to the reaction that your body and ego has while resisting the changes being made. Your body/ mind and ego are going through a remodeling process. The literal demolishing of your old container and the rebuilding of a new one.

As the old energetic structure is being torn down... your ego is resisting this process and causing you major pain. The ego likes everything to stay the same - safe and sound - meaning just like it was programmed into the subconscious mind.

True symptoms of ascension, as in actually achieving a state of ascension, would include things like peace, bliss, joy, overwhelming gratitude, expansiveness, love, acceptance, and much more. It is a feeling of unending harmony.. that all things have their place in the Universe and mean something to the Whole, including the feeling that everything is as it should be, simply being.



Symptoms of Ascension...

You may be experiencing...

Common ascension symptoms with the 5 Senses being upgraded may include:

Sight:

You may think that something is really going wrong with your eyes and experience blurred vision, or strange flashes of light. You may start noticing peoples auras, guides or ancestors around them. Your inner eyes reveal to you geometric shapes, white light floating and/or brilliant colors moving in a spontaneous kaleidoscope. You may start seeing vivid spiritual images or visions.

Hearing:

In raising your vibration you are adjusting to many new frequencies and might feel an increase or decrease in your hearing capacity. You may have issues with auditory fuzziness, where you cannot make out what someone is saying... it may appear as you are only getting a partial message. You might find yourself asking people to repeat themselves or to say it in another way so you can understand. It is common to suddenly receive a brief, high pitched tone in one ear - this is known as downloading a spiritual transmission from your guides, guardian Angels or Divine Source. I started experiencing this when my medium abilities were first opening.



Symptoms of Ascension...

You may be experiencing...

Taste:

Your once favorite restaurant turns you off... you are not drawn to the same foods as you used to be, you are capable of detecting the chemical additives in food and the low level of vibration. You don't want to eat dense or meaty foods because they make you feel heavy or they take too much of your energy to digest. You can feel if a food was not properly grown organically, if pesticides were used or if the company is not a "green" company supporting Mother Earth. On the other hand... you may have extreme cravings for something that never used to phase you. You may get an overwhelming feeling to devour food... eating it without bringing consciousness to the moment. There may be addictive behaviors showing up with sugar, starchy foods or salty foods. Some of these addictions may not be yours, but your ancestor's patterns needing to be cleared. You may have a sudden onset of food allergies or intolerance to certain foods that you once could eat with no issue.

Preparing homemade food is the best solution as your consciousness goes into the food prior to eating it... be sure to bless your food before consuming it to raise its vibration.

Touch:

Your sensitivity level may be enhanced... you only want to feel something if it seems gentle, honoring or nurturing. You may set new boundaries around people touching you because even a soft touch feels intense. Your body may feel as if there are things crawling all over it or inside of it when it is around certain people... this is your kinesthetic response to the energy they are carrying in their field.



Symptoms of Ascension...

You may be experiencing...

Smell:

You may be able to smell in the present something from a past event or memory as if it is occurring right now, in your immediate environment. Your olfactory anchors from the past, like Grandmother's homemade apple pie, come through as if on a gentle breeze and you pick it up. You may get a whiff of a specific fragrance or smell flowers when they are not there, like roses for example. This can be that you are actually releasing those old memories or that you are aware of a Spirit's presence around you.

Other common symptoms...

Changes with your Sleeping Patterns:

During this time of shifting in your energetic housing... A lot of the remodeling will occur at night. you might experience some symptoms effecting your sleep patterns. This can include some or all of these experiences:

Waking up at odd times of the night for no apparent reason... this means not simply waking up to relieve your bladder or because of a creaking in the house.

Restlessness, sweaty palms or feet or hot flashes: This is called "ascension fire" it is the process of transmuting all of the old energies, literally melting them down and burning them off, just as an alchemist would melt down the base metal prior to turning it into gold.



Symptoms of Ascension...

You may be experiencing...

Needing less or more sleep than usual... you might find that you want to take a nap during the day, sleep in for up to 10 or even 12 hours... or going the other direction, not needing as much sleep as you used to... maybe 6 hrs instead of your usual 8 hrs.

Sleep disturbances... you might experience images and flashes of past events floating through your psyche, disturbing dreams and vivid dreams right before fully awakening. This is your body purging a lot of the past.

Feeling tired despite getting enough sleep... as you restructure your energetic field it may seem as if the remodeling process is happening 24/7 and there is no real down time. It may feel as if everything is unsettled and out of place in your environment and although you are getting 8 hrs of sleep or your usual, your psyche is trying to manage your new relationship to time.

Intense Activity at the top of your Head:

You may be experiencing strange sensations on the top of your head, at the scalp or sometimes even moving down your spine. It is as if there is someone barely touching your scalp... or it may be a feeling of tingling, itching, something crawling through your hair or a prickling sensation.

This activity is usually the crown chakra opening and can also include an intense pulsating of energy on the top of your head, almost like something is going to explode energetically out of your head or that you are giving birth to an old energy of the past.



Symptoms of Ascension...

You may be experiencing...

Adjustments in your body:

Dizziness upon standing or sudden sensations of feeling like your losing your balance... Spells of dizziness are caused by your body adjusting to a higher vibrational frequency, or when you are ungrounded, out of your body or your awareness is scattered.

Heart Palpitations are very common... a sudden feeling of your heart racing almost like a panic attack is starting. A brief experience of a racing heart or palpitations can be a sign of the heart being activated and your heart chakra opening.

Physical Manifestations:

During the process of readjusting and assimilating after clearing blockages, patterns and paradigms... physical manifestations may occur. The body is needing time to adjust to the higher frequency of vibrations. Every cell is being restored to it's greatest level of health!

Such manifestations can include:

Strange aches throughout your body, sudden and sharp pains
Flu-like symptoms... with a variety of range.

You might have issues digesting your food properly... sudden cramping in your stomach or intestines.

Joint pain, muscular spasms in your legs and feet or numbness.
Previous conditions, often from childhood, may surface for the final round of healing. Hyper Sensitivity of your skin with reactions to creams, ointments or products. Increased skin eruptions, acne, hives, shingles, bumps and other rashes.





Symptoms of Ascension...

Moving through the process of Awakening

Emotional Manifestations:

- ***Unexpected emotional fluctuations*** There may be times when you experience an emotion that seems incongruent from how you feel... like sudden waves of sadness or unfounded anger. You may experience moments of frustration or anxiety for no reason. It isn't uncommon to have an outburst of crying uncontrollably and feel as if it will never stop. These emotions can rise and fall like waves of the Ocean... one minute you are fine and the next you are suddenly at the whim of an emotion, carried away with the tide. Do not be afraid... Let go and relax your body as much as possible. Resistance or trying to control your emotions does not help, but only serves to hurt your body by holding onto energy that wants to be released. Let go and surrender in the moment as much as possible and be sure to use the Energetic Management System, Emotional Security System and the Understanding Emotions Series to move the energy out and transmute it.



Symptoms of Ascension...

You may be experiencing...

Mental Manifestations:

The ascension process supports the Conscious Mind releasing its power over you. Many at the 3D level, rely on the Logic, Reasoning, Will Power and the Decision Making attributes of the Left-brain as their primary way to choose and create in life.

In the process of upgrading your systems to include reliance on your Intuition and more of the right brain, the left-brain functioning may become disordered. The left-brain includes logic, problem solving, structure, organization, analysis, focus and concentration.

In the attempt to open the right-brain activity, you may experience an inability to concentrate, or to focus on something for any length of time. You may struggle to find words... simple words, as your vocabulary seems to escape you. There may be lapses in your memory and you might not remember what you came to fetch from that room.

You may find yourself struggling to put an entire collection of thoughts down on paper... things may come out in fragments while writing or speaking.

This is all the process of breaking down the power that the Mind has over your Intuition. It's important to discover the power you have within to access your own inner guidance that comes from the Highest wisdom instead of the Logical Mind that runs off of the need to Survive, Control and Protect.



Symptoms of Ascension...

You may be experiencing...

Psychic Manifestations:

Many find that during the ascension process they experience increased psychic abilities, telepathy and heightened awareness with their intuitive gifts. Your capacity to tune into an event, experience, person or animal will increase, and you may find that you cannot keep yourself from knowing information even if you have no desire to know. Your energetic bodies open during the remodel and it is difficult to keep information out.

You may have premonitions of things to come, know details about someone without even concentrating on them. See images or flashes of things and then find out that they actually occurred. This can be a bit scary, but work at setting healthy energetic boundaries and keeping your aura consistently clear and sealed. It is common to have openings of your psychic abilities like clairvoyance (seeing), clairsentience (feeling), clairaudience (hearing), or claircognizance (knowing). This may feel overwhelming and it is necessary to know how you uniquely channel energy so you don't have misdirected energy and blow out your chakras or overload your systems.

Each person flows and channels energy in a very specific way... it is good to know how you flow energy and if there are any blockages. If blockages are not addressed, you could be experiencing psychic build up which delays your awakening. It's like having clogged arteries... the energy isn't getting to where it is supposed to go for you to have the necessary life force. I offer an Intuitive Assessment that reveals your specific blueprint for running energy. If you feel you need one, simply go to my site and book a reading with me. Here is my site: <http://www.ChristelHughes.com>



Symptoms of Ascension...

You may be experiencing...

Spiritual Manifestations:

During the Ascension process, you will have a heightened sense of things around you... you might feel sounds in your body as shockwaves of vibrations. Even as you sit still and close your eyes you may feel as if you are rocking like a small boat on the water. Your body may be buzzing with energy and feel as if it is constantly vibrating. You are tuned into the subtle energy that is around you and the waves of energy are flowing through you... and you feel it amplified!

During moments of meditation or being in nature, you feel connected to all things... you may shift states and arrive at an internal place of blissful connection. You might see lights, colors, unusual patterns repeating in common objects or geometric shapes.

Your Time reality is changing...

You will experience altered states of consciousness and shifts with time. This is because you are moving out of the 4D time reality and into spacial consciousness.

Time seems to speed up... you lose hours of time. It may feel as if only 30 mins. goes by, but you look at the clock and it reveals more time has passed.

There is a feeling of slowing down and time standing still... there isn't enough time to get things done. You begin living in the space between and all things merge into one timeless nature.

Deja vu is common... as if you have known this experience before and you are doing it all over again. You have arrived some place that you already new existed and get a feeling of what will occur just prior to it happening.



The Dimensional Shift *our Chakras & Aura...*

Upgrading our Systems...

We are working now on becoming expansive, unified, connected and living from the heart instead of the mind.

The idea is to allow the divine support system to move us into a place of coherence, to vibrate at a higher rate, to recognize and accept the gift that we are... And to feel worthy to fully understand and utilize the creation and manifestation process.

It is important for us, if we are going to play the game of life, to know the rules and to know the tools that we have for winning. Therefore, we must understand that as we ascend... Our Aura, our personal energetic structure and housing, and our chakras are shifting in a major way. There's an old dynamic of support that we can now allow to fall away.

In the new dynamic of experiencing creation.. the focus will not be on us as an individual with our accomplishments, but on the Whole. The new paradigm offers us the opportunity to release the need to focus on our body as a separate vehicle and physical means to achieve greatness.

Paying so much attention to our Etheric, Emotional and Mental bodies in the past, as if they held all of the answers to gaining relief from our pain and suffering, had us locked into the cycle of constantly clearing.

We will still clear our field, but with greater efficiency and fortitude knowing how to tap into the Infinite light and healing rays supplied to us and for us.



The Dimensional Shift *our Chakras & Aura...*

Upgrading our Systems...

The first three energetic bodies of our Aura... the Etheric, Emotional and Mental, will be used for something totally different than they were before.

Now, **the Etheric body**, is used as a transfer station, in charge of taking energies from our environment and shifting them into frequencies that our physical body can utilize as life force energy for bodily functions.

Our Emotional body is currently a storage unit for emotional energies and allows us to process these highly volatile energies for promoting growth and evolution.

The Mental body is a matrix of energetic pathways that runs the patterns, beliefs and paradigms of our Subconscious Mind. It interconnects with our Critical and Conscious Mind as well.

In the new paradigm, for instance, we will no longer be focusing and relying so much on our Conscious Mind - logic, reasoning, willpower and decision making - we will simply put our Higher Self in charge of directing the mind to do all of those things. Under the guidance of the Higher Self, the Conscious Mind will be used in a greater, more expansive context... simply, fulfilling it's role to follow through with the necessary steps for manifesting our heart's desires and aligned yearnings.

With fortitude, we will carry the conscious intention to place our attention on our Whole Body Being... which means focusing more on the energy bodies that connect us with the Higher realms. The Lighter we become, the more we will benefit and get relief as we move through our transition from 3D to 5D reality.



The Dimensional Shift *our Chakras & Aura...*

7 Chakras & beyond...

Most people have been dutifully healing and clearing the 7 major chakras. These little energy centers, have been our focus for quite a long time and for good reason... they support us with assimilating energy from the outside World. There are many chakras within the aura and they feed our bodies and organs energetically with the life force that we need to sustain ourselves.

We have become accustomed to working with the 7 chakras, but in this time of increased spiritual growth and ascension, it is important now to begin working with chakras 8 - 12.

The 12 Chakras

We reach an Initiation point as we evolve to a place of comfort in dealing with the 7 major chakras... this is a time of crossing over a threshold to a new domain. This initiation is called the Soul Star initiation and it is an induction into Ascension.

When you have educated yourself in the 7 major chakras... you begin to heal and balance them. The seven major and auxiliary chakras become familiar and useful to you as an alchemist, and you begin mastering transmutation of the duller energies into higher energies that are more useful for up-leveling your quality of life.

This learning and practice with the chakras supports vibrational attunement and alignment with your Higher Self. At this stage, you can then work on activating the transpersonal chakras, bringing Divine energy down through the 7 major chakras and into the Earth. Then... you are ready to begin the ascension process.



The Dimensional Shift *our Chakras & Aura...*

Our Transpersonal Chakras

In addition to the 7 major chakras are several important chakras located in our aura which are important for your spiritual development and well-being... these are known as Transpersonal Chakras.

In order for your body to integrate the higher vibrational frequency rays that are entering and anchoring the Planet at this time, our subtle energy system must be able to hold more light than it has in the past. The transpersonal chakras are here for that very reason.

The transpersonal chakras are those which connect our physical reality with our spiritual reality and consciousness... acting as a bridge between the two.

Once the blocks and seals are removed from the major 7 chakras, our transpersonal chakras will be activated. We will have access to the higher dimensional realms and continue to expand our being based on our commitment and dedication to our spiritual development.

Chakras & our Complete DNA

Activating your transpersonal chakras, meditating regularly and honing your spiritual practices supports you in activating your dormant strands of DNA. Science has, for quite some time, cast aside these dormant strands as "junk" DNA. But they are now discovering that these strands are the DNA which house our telepathic and spiritual attributes. Awakening and recoding this DNA is another element of ascension.



Ascension & *Divine Feminine ReAwakening...*

The Return of the Divine Feminine...

From an energetic perspective, The Divine Feminine is associated with the qualities of unconditional love, compassion, wisdom, beauty, gentleness, patience, acceptance, forgiveness, nurturing, creativity, receptivity, openness, intuition, connection with nature, and healing.

The new energies that are flooding the Planet, reveal the imbalances where the feminine isn't being fully expressed, but instead is being repressed. This information is supporting us, and nudging us, to return to the ways of the divine feminine and to understand that those feminine energies are naturally housed within each person.

The Divine Feminine Within...

There is a divine feminine and divine masculine residing within you and within all on our Planet. When these are not properly honored, the love and Divinity that you truly are becomes overshadowed by fear and other lower level primal emotions.

This has been the primary experience on the Planet for a very long time. The feminine has been discounted and misunderstood. The egoic masculine that seeks to control and have power over others has dominated our society, but this is all changing as the Divine Feminine is ReAwakening now.

To stop the domination and separation from continuing, people must learn to balance their feminine & masculine aspects and awaken. Your inner wisdom knows that this cycle is occurring and is guiding you through the process of remembering who you really are - guiding you to become Whole.



Ascension & *Divine Feminine ReAwakening...*

It is a process...

This awakening has been a process over time... Each time you break through a barrier and choose to become more loving and compassionate, you help yourself and countless others. We are all intuitively linked and seeking the same level of Wholeness. Do not underestimate the Power of your choices and how they effect the Whole awakening for living Ascension.

This age of reawakening is the opportunity you have to utilize the unique and beneficial catalysts for your own spiritual advancement. The cycles of initiatory energies will occur even without your conscious knowing or consent... moving you into alignment with the ascension of your own being.

When you become aware of the coherent energies existence and consciously participate in the flow of cycles, you allow for a falling off of old paradigms and open to abundant spiritual awakenings.

Actively flowing with the cycles, allows you to become freer and more able to fully participate in the World as a divine lightworker. As you remember and connect with your True Divine nature - which is love and light, this gives way for your Higher Self to descend. You then become the embodiment of your Higher Self.. As you and others do this, a more loving World is catalyzed into being.

As your Ascension begins, intend to observe and experience life in a deeper, more spiritual way. Invite your Higher Self to show you new approaches to life and to connect you with members of your spiritual soul family. You will soon learn your unique soul song and begin energetically singing this vibration consistently.

