



Healing the heart of humanity one soul at a time

Ascension Stimulus Package

Understanding Ascension and Coping with the Symptoms and Side Effects



Consciousness comes first; it is the ground of all being. Everything else, including matter, is a possibility of consciousness. And consciousness chooses out of these possibilities all the events we experience.

~ Amit Goswami Ph.D.



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What is Ascension?

Recent discoveries in the nature of DNA have overthrown the idea that man is genetically fixed, as opposed of what is expected. As living energies, Human beings can alter and mutate their inner structure of their bodies through change in their emotional bodies and the frequencies of information they can gather from external and internal world can definitely revolutionize the configuration of the Human body.

Ascension is an expected and normal part of the evolutionary development of the Universe. It has always been so and will continue until it is no longer necessary as a collective process.

Consequently, any idea of this process being something new or weird usually means that this concept has not been fully understood. When the real meaning of this concept is not grasped, we get separation and terms such as “Ascensionists” and concepts that tend to divide people at our essence, instead of bringing the communality of the process as a natural development to all human Beings.

In this process, the very structure of every cell in our bodies will endure changes. The adjustments in your body will occur in the body cells as these cells undergo a gentle infusion of new electromagnetic impulses from the planetary shift. Our DNA will evolve from two physical helixes to two physical helixes and twelve spiritual strands (up to fourteen) which correspond to energy centers, or chakras, inside and outside your body.

The new style twelve strand DNA was originally in bodies 300,000 years ago. Within human body cells are light-encoded filaments, fine gossamer threads of energy that carry information. When these gossamer threads are working together like a fiber optic type of cable, they form the helix of your spiritual DNA. Imagine that your frequencies are starting to detach from each other and where they are still connected, they are just threaded together. The side effects of these transformations are what we call **Ascension Symptoms**.



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How to Cope with this Process?



The body during Ascension will know how to readjust and reorganize itself because this process is quite normal. This process of transformation has been coded within the cells of the body and is taking place naturally. What people are now learning to do is how to assist what is occurring naturally with outside factors: being aware of the foods they are eating, being aware of their connection to the earth and by being aware of the direction their body is leading them.

The greater you are aware of the process, the greater you can assist what is already going on and will be continuing at its natural pace according to the cellular coding for each individual. Each person is unique and will be more attuned to certain energies than other persons. The analogy could be made of having a transmitter calibrated to receive a particular radio station. People will resonate with different wavelengths at different vibrational frequencies than other people. Whatever wavelengths your particular design is calibrated to, these wavelengths are pathways cut in your consciousness.

Once you have begun to transmute, or change, the energies of these particular frequencies of the universe will take advantage of these pathways to transmit more and more of the same energies to you.

The shift in perception from the 3rd dimension to the 5th dimension brings about emotional, physical and mental refinement that often takes the form of instability and trauma during the process of transmutation. These are real tests to be faced that contain lessons to be learned during Ascension.

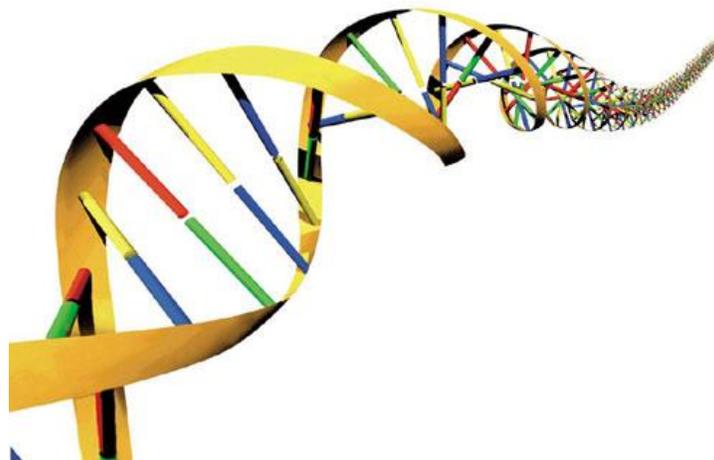
However, these physical negative effects are complemented by the positive effects: a sense of balance and empowerment that emerges from the way you handle these lessons or challenges. Because we are returning to Source and the original cleansed version of our souls, much is involved in the undoing



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process of Spiritual evolution.

How Will These Changes Occur?



These changes are designed to be gradual and they may go on over the seven year tribulation period. They have definitely started. The changes depend on, for many, the level of openness, the level of flow in an individual's life. The orientation for many has been from a linear or mental perspective. This is shifting for many and a lot of people are experiencing confusion as they begin to reorient themselves into a physical and more holistic perspective.



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General Background Information

The Divine Order permeates and directs everything in life. There is a reason for us to be exactly where we are at any given time in life and it is exactly where we should be according to the Divine plan, the unfolding of your consciousness and life purpose. Nothing is a result of random act. Everything is part of a sequence, rhythm and part of a bigger logical cosmic mind.

During the Earth transformation, in these times of distress as it is called, the Planet Earth and the physical bodies of all living beings on the world are supposed to endure a change as we move from the third dimension to higher dimensions.

On the planetary scale, a substantial shift is designing itself on the horizon. Significant infusions of Light are coming to the Earth plane as the veils of separation and denial are being lifted. In direct consequence of that, these changes are creating physical alteration in our bodies right now. The planet is mutating, and so are the beings on it. There is a transmutation taking place in the very cells of our physical bodies.

A transmutation is the act of being transmuted, metamorphosed or changed in structure, appearance, form and nature to a higher outline. Transmutation can be defined as is the internal change process going on in the body that puts together the combination of components or chemical elements, by rearranging groups or simpler compounds or by the degradation of a complex compound in order to form a whole new amalgamation. During this mutation, a new combination may be assembled by the body into a coherent whole physical organization that may be different from previous bodies.

Universal Laws state that the physical form for Divine life expression of a species, in its original blueprint, may be altered or reformatted only by those who dwell therein. This means that the DNA of a species of Earth can only be altered through the creative choice of the consciousness that dwells within the body form. This means that the human DNA that is responsible for every aspect of your physical presence cannot be altered by other beings, nor can it be changed by you from outside of the physical plane.



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But how does one change his own DNA?

In order to change our DNA and to modify our structure, we need to change our emotions and the way we receive and retransmit it inwards and outwards. We also need to change our thoughts because to do these two things means to change our biochemistry and our brain chemistry. It can result in the occurrence of headaches and nausea sometimes.

The physical transmutation occurs within our bodies. It is a change at the cellular level. It may be a relatively permanent change in hereditary material involving either a physical change in chromosome relations, or just a biochemical change in the codons¹ which are the component that make up genes.

The big “storehouse” of information in the personal blueprints of our species is found in the cellular DNA of our bodies. Our DNA is expected to evolve from two helixes to twelve helixes or even fourteen strands which correspond to energy centers, or chakras, inside and outside our body. The new type twelve strand DNA was originally conceived in the original blue print for Human beings, in the beginning of times.

We are experiencing our bodies transmuting and becoming lighter and purer. This is causing many physical aches and pains for anyone with lower vibrational frequencies; for example, if we hold onto old traumas, fears and injuries or unstable health situations. As the higher energy of the shift moves inside, it affects anything that is still embedded with a lower vibrational energy. The lower the vibration, the more it is felt physically.

Ascension, or whatever name you may give to the changes that are taking place now in our physical body and in all the bodies of all living beings on Earth, is the process where the information that was coded into the DNA of our structure is being activated. All the genetic structures are becoming Crystalline.

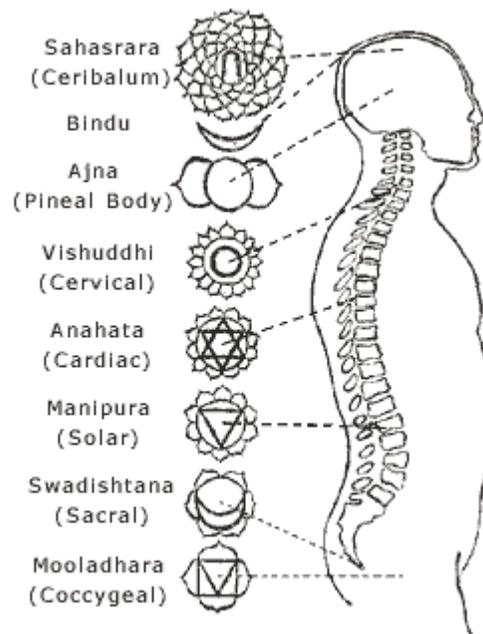
¹ A codon is a triplet of nucleotides that is part of the genetic code for the body.



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Common Vibrational Signals

General Symptoms of the Energy Shifts



Each person, with their uniqueness, will be more attuned to certain energies than other people; therefore, the amount of symptoms can be as diverse as they can be. Basically, what we all experience during this process is a sum of situations, feelings, emotions and standard behaviors that are being purged out of our system as our souls require us to be vibrating on a different level. While it is a natural process; it can, nevertheless, be less painful if we allow it to happen without fear and without conscious resistance. Just allow those energies, as they present themselves, to move through you. In creating more of openness and a flow in the mental body, we can consciously receive the energies and the frequencies with less traumatic experiences.

We can assume that these symptoms result because our etheric body is now trying to vibrate at a higher energetic frequency. By extension, our physical body is now demanding to catch up and match the same vibrational rate, but has not done so yet. This results in a speeding up of your molecular structure, and

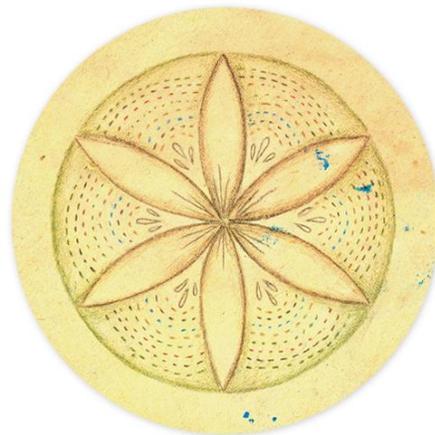


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the modification of your structural DNA. The speeding up of this pulsation of energies is affecting every system in our physical body; nerves, muscles, vessels, skin, organs and glands, as they try to transform and adapt to the new frequencies.

Ascensions symptoms are also known as Shaumbra² symptoms or symptoms of awakening Divinity. The following sections will refer to some of these symptoms and try to show different ways to mitigate their effects, understand their reach, and make you more comfortable to cope with these transitions. Many of the signals of Ascension present themselves as the typical signs of a "Healing Crisis". The elimination, or cleansing, process is often referred to as the "healing crisis." Once the healing crisis starts, reactions may be mild or severe. Expect ups and downs as it takes awhile to get good health back.

Signs of Emotional Transmutation



As the new energies enter the body, the nervous system, which carries these energies throughout the body in the form of nerve impulses, along with the endocrine system, which regulates much of your physiological functioning through the secretion of various chemical substances (hormones), we may experience tremendous energy overloads as they constantly attempt to together maintain a state of

² Shaumbra Symptoms: Copyright 2001 by Geoffrey Hoppe, Golden, CO. prepared in collaboration with Tobias of the Crimson Circle.



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homeostasis³ and balance in the body. As a result, many adverse reactions may occur and can sometimes create a turmoil of emotions, with bringing to light many repressed and still unsettled feelings inside of the mental/emotional body. This is the first indicator of the replacement of old behaviors paradigms. We have to understand that either the person adjusts to a new system of vibration, or the Nervous system will not likely handle this new surge of energy.

- During these transitions, many emotional blocks⁴ may surface from this lifetime, or other lifetimes. This will initially create turmoil in the emotional body. The Photon Belt⁵ energy stimulates and contributes to the spontaneous release of these burdens. Trying to control or resists these urges further represses and blocks the energy making things more difficult. Crying, moaning, sobbing or toning becomes a cleansing release. Use a Bach flower remedy, or an essential oil to help with the emotional body. You are releasing your past (this lifetime and others) and this causes the feeling of sadness.
- One may also experience a withdrawing from family relationships, as we are all connected to our biological family via old karma. When you get off the karmic cycle, the connections of the old relationships are released. It will appear as though you are wandering away from your family and friends. This too shall pass. After a period of time, you may develop a new relationship with them if it is more appropriate and based in the new energy without the karmic attachments. As you approach closer and closer to the final experience of Ascension, you will feel yourselves more and more of letting go of more things.
- Mood swings are also symptomatic of the body's attempts to integrate more Light. There may be moments when you feel wonderful and have a great deal of energy, followed by a sudden crash and depression as you experience the pull of the old world.
- Manifestation of 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. The

³ The process of *homeostasis* involves maintaining internal environment at a constant level of balance. The hypothalamus is the glad responsible to keep the level of balance.

⁴ Repressed or buried emotions can cause major difficulties in the physical body and energetic systems. They affect all your relationships and they especially affect your ability to grow spiritually and shift your level of consciousness

⁵ The Photon Belt is an immense belt of photons originating from the Pleiades Star System.



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root cause for this is quite simple. You have completed your karmic cycles. You have completed your contract for this lifetime. You are ready to begin a new lifetime while still in this physical body.

- Feelings of loneliness, even when in the company of others. One may feel alone and removed from others' presence and dynamic in life. You may feel the desire to "flee" groups and crowds. As much as the feelings of loneliness may cause apprehension and anxiety, it is generally difficult to relay to others at this time. So much is happening on very deep levels within us and it is usually occurring in the subconscious. You may feel overcome with sorrow, feeling you have lost something, or that you are leaving something without even having an idea of what it is you are sorry or crying about. The void within will be filled with the love and energy of your own Christ Consciousness.
- A very common warning sign caused by an increased rate of vibration is Depression. The higher frequency waves will allow any illnesses, viruses, or infections hiding in the body to manifest. To discover the root-causes contributing to this state examine your belief system, your scope of reactions and automatic attitudes that are creating your reality. It is also important to monitor your internal dialogue to learn what you are creating for yourself. Observing and realizing the state you are experiencing is not cause by the present allows it to quickly pass. The herb "St. Johns Wart" eases depression and is anti-viral too.
- Another signal of energy is the increasing of "Self" talk. There is a new level of communication taking place within your being; the conversations will increase, and they will become more fluid, more coherent and more insightful.
- Loss of enthusiasm. You may feel totally disimpassioned, with little or no desire to do anything. This is just part of the process. Take this time to "do nothing." Don't resist this sign, because this too shall pass. 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.



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Signs of Physical Transmutations

General Considerations



The etheric body acts as a transmitter and receiver for surrounding energies. This takes place via specific energy centers for the body or chakras. Each chakra is directly associated with an endocrine gland and nerve plexus. Because of their close relationship with the chakras, which transmit and receive this energy, the endocrine and nervous systems especially, are now undergoing radical transmutation. The increase in electrical energies is requiring a complete rewiring of the nervous system, while all the organs and glands in the body are being totally restructured. As humans manifest a more pronounced light body, most of these organs and glands will no longer be needed, and may gradually atrophy and disappear. In the mean time, it is important to acknowledge the changes taking place in the body and to support the physical body as much as possible

As more and more light becomes available, the intensity of electromagnetic energy around you also increases. This means that there will be more rapid neurological activity in the body resulting in higher intensity impulses firing the central nervous system. The nervous system will immediately attempt to dissipate that energy by sending it back out of the spinal chord. If these impulses then fire along facilitated pathways into the muscular system, they could cause muscle tightness and soreness. If they fire into the blood vessels, restricted circulation often results. When these impulses fire into the skin,



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you may experience abnormal thermal sensations (i.e. feeling hot or cold, prickling, itching etc)⁶. These will be felt more by many people as cellular transformation occurs in the body. It is like your engines are being rebuilt and the temperature gauge is being replaced. So in a way, you are finding that as you are building new information into the body, into the cells, you are redesigning the different aspects of the physical body through this transformation.

So as this is happening, there is a greater gap in what is being experienced, a greater experience up and down, and a greater experience of upheaval.

Much is being tossed around, much that is no longer working and that is outdated. It is being tossed out as new data and new equipment is being gradually introduced and built into the body. If they should fire into the organs and glands, they may inhibit their previously normal functioning. Therefore, we can see the importance of supporting the nervous system at this time as it tries to maintain a state of homeostasis, a relatively stable state of equilibrium, in the physical body.

The body going through an alteration in consciousness⁷ will most likely manifest symptoms of tenderness, ache and trauma. New aches and pains will appear in various places in the body and then these will disappear. Headaches and sudden shooting pains in the head or eyes may occur and these may be signs that adjustments are being made in your energies. These adjustments will be attuning you to different frequencies during cellular transformation. The parts of your brain that have been dormant in the past are now being used.

This may require some rewiring of brain circuitry while brain patterns that are no longer functional will be rerouted. As you develop a higher way of thinking and being, you will experience more creative energies and will create deeper levels of meditation. You might suffer from a series of unexplained

⁶ Hot Flashes and Night and Day Sweats: These are commonly experienced by both men and women. This is due to energy flowing too quickly through the body, hormonal changes, which men have too, and the body learning to adjust to the higher vibratory rate. Some men might experience fat being stored in this area which might feel like they are growing breasts. If you are a man don't be concerned about this, because this puffiness in the chest area will only last for a short while.

⁷ As these changes occur, you will experience dizziness, feelings of spinning and loss of emotional centering. During cellular transformation, your body is a constant flow of discarded proteins and structures. Your cerebrospinal fluid is being filled with discarded mineral deposits. You are literally sloughing off your body and you are rebuilding it.



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aches all over your body; or the pain might manifest in one stubborn location, like the arch of a foot or the blade of a shoulder.

Usually, when there are blockages impeding the energy flow this raised and forced energy slams into them causing these symptoms and ails. Often this is alleviated by asking for assistance⁸ from the Higher Self to adjust the flow to ease the pain. The body can quickly adjust to the higher vibration in a few moments, hours, or days. Signs of physical cleansing might also come in the form of a persistent cold or flu like combination of symptoms, a raging fever or general malaise⁹. More people are experiencing sinus conditions (i.e. discomforts, drainage, and headaches). These increased disturbances will continue to occur during cellular transformation.

Major changes will occur in the sinus since they function in the body primarily to create balance. These changes relate mainly to the fact that the body has been thrown out of balance during cellular transformation.

Your physical body responds to the changes by over reacting to slight stimulation by external biological elements, such as pollens, not originating from it. Flu-like symptoms, sinusitis and congestion, specific aches and pains, and feelings of toxicity may be other reactions you will experience from the increased intensity of incoming energy. When these disturbances happen, the body is reaching a threshold.

It will pass beyond this threshold as the body's capacity to handle more light increases. During these times, it will be especially useful to take more baths and to drink lots of water. This will help your body to facilitate these changes more easily. Swimming will also be helpful in this respect since water is very soothing and relaxing as well as being useful in balancing your energy.

⁸ This is nothing which is being taken from you during cellular transformation (mutation) without your consent. It is something that is being purged from your system because you desire to increase the frequency of your vibration.

⁹ This is quite common and part of the process. Just ride it out and don't take antibiotics which will only prolong the process. These symptoms are caused by the physical body reaction to the toxins that are released when the chakras begin to expand. What ever was constricting or congesting the chakras is flushed through the blood. Also new beliefs and paradigms are enacted the imprinted consciousness in the blood becomes toxic to the physical system because it does not support the new thoughts and contributes to confusion. It is helpful to supplement the body with blood fortifying enzymes, herbs and essential oils to ease the symptoms. Hot lemon drinks will also help cleanse the body. Don't work too much during this time, because you are going through a major shift in vibration. Try and take it easy and it will pass



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Do not be alarmed. A visit to the doctor or the naturopath might help. Rest assured that these are symptoms of a body going through the process of Ascension.

Different Body Vibrations

Some people are experiencing a vibration in their solar plexus¹⁰ from time to time. This is part of the changes occurring during cellular transformation. The earth also is experiencing a vibration from time to time.

Heart palpitations may be felt at times as your heart comes into synchronization with the rhythm of the Earth's heartbeat. Changes may also be experienced in the heart muscle tissue and striations in the heart muscle tissue will begin to show more variations. The tissue will seem to be spreading out as the heart muscle becomes denser.

This change will allow the heart to last longer and to create a normal life span of up to 150 years for an individual. The normal pulse rate will increase about three to four beats over the next ten to twelve years.

You may see a greater constriction around the heart as many people react to the energy of love and light that is coming in greater magnification.

More heart attacks or various illnesses will occur where there is restrictive flow of energy around the heart center. This can be avoided with a greater awareness of that energy and a greater openness to the emotions, letting go, not having so much of the emotions held into the body but finding ways for the emotions to be harmonically experienced.

¹⁰ This is a symptom experienced when the heart chakra begins to open or enlarge to receive more energy. Pain sensations in the heart and not being able to breath can be very frightening because you may think you are having a heart attack. The above symptoms are caused by the expansion of energy running through your solar plexus and heart chakra (heart and stomach area). The best solution is to relax which will adjust the energy flow. Anxiety and fear only constricts the energy thus, causing a more severe reaction. This is a normal experience when undergoing a frequency increase



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The emotions are to be felt, not denied and the emotions can then create more of a flow and less of a closing of the life force.

Changes in the tear ducts and sweat glands of the body will take place during cellular renovation. As to the sweat glands, most people now sweat less than they did about five years ago. Most people during cellular alteration will sweat less than they formerly did, but it will be a minor change which will be observable and measurable. As to the tear glands, your tear solution will be slightly denser, thicker and will be composed of more mineral compounds. This change will also be measurable.

These vibrations are designed to change the very matter of the earth's and your substance. The changes are going to slowly add certain etheric components that exist in possibility and probability and that exist within the encompassed objectives of your soul's journey through this planet which is God's playing field.

Headaches can also be a very common sign; because, when the crown chakra opens or expands it can be an intense and painful experience. It might feel like a spike or rod is being inserted.

Headaches are common and they can range from migraines, to cluster headaches. Women seem to experience them more than men. They can be caused by too much energy flowing through the crown chakra, and by hormonal changes which occurs when the chakras are stimulated.

Sometimes the pain can be eased by asking Spirit and your Higher Self to make an adjustment in the energy flow. When you ask for aid to ease the pain and it is part of the process that is opening and expanding your pineal or pituitary gland, the pain will only lessen.

As your vibrational rate increases, the pineal and the pituitary glands expand to accommodate the higher energy frequencies. Other glands change also, but these two are the major ones that contribute to headaches. This can last a few months, or a few years depending on what level of spiritual development that you are at and your rate of growth.

During cellular transformation in your body, there will be increased energy flow felt mainly in the parasympathetic system of the body (i.e. lower limbs, legs, junctions along the spinal column, and especially the ganglia where the lower lumbar are positioned) and in the shoulders.



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Electrical sensations will move up and down the limbs of the body. Some people will also experience sweats and migraine headaches. You will notice increased energies when manifesting a thought. It is good to be cautious with these energies and your thoughts because they will become magnified during the time of transition during cellular transformation.

The vibration of your entire body is shifting to a higher frequency. Some are experiencing many different physical symptoms which can be strong at times or can be very subtle. Within this lifetime, there is more evolution taking place in your body than in the total of all previous lifetimes on this planet. A transformation change is taking place in your body as well as in the earth. The very cell structure of your body is changing which will allow you to withstand and integrate these higher frequencies of energy. Your body needs to know that this is happening and that it is okay since it has never experienced being in a Light Body before on this dimension.

As a result, body vibrations may be experienced and many people may think that an earthquake is occurring during these periods. These body vibrations will occur through a process of induction as the Earth's force couples with the body. One way to balance and move this energy through the body is with physical exercise (i.e. walking at least several miles a day).

There are many specific symptoms that may occur and manifest in our lives, one of them is extreme tiredness: waking in the morning and struggle to get out of bed after a full night of sleep, or falling asleep in the middle of the afternoon is common. This is caused when the energy is shifting throughout the whole spiritual body. This will pass in time; it can be weeks, or others months, for some can be years. If you can create a pyramid structure to sit under this will give you wonderful boosts of energy when you are lacking it.

Unusual sleep patterns¹¹ are a compulsory stage on this process. It is likely that you will awaken many nights between 2:00 and 4:00 AM. There is a lot of work going on within you, and it often causes you to

¹¹ This is caused by the Photon Belt energy accumulating around you, because the body's inability to store the energy because it is blocked and congested. It is important not to get up and be active because the energy is for healing all the subtle bodies spiritual, mental, emotional and physical, the best way to assimilate the energy is to quietly sit and read, watch TV, or listen to meditation tapes to help you go back to sleep. This might seem to occur nightly for some time.



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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.

The body is trying to catch up with the increased frequencies of the subtle body. One way to do this is to interrupt some of these pathways that the high intensity impulses are travelling along. Just as someone who touches a live wire is held there by the current until it is switched off, so too will the structures and tissues of the body remain in a stimulated state until these pathways are interrupted, turning off the current.

As you open up to the higher vibration, you will find yourself becoming extremely sensitive to people, noises, light, smells, tastes, all sorts of things. This can affect the central nervous system and can be quite a difficult thing to cope with. You do need to take B vitamins and a multi vitamin if this is happening to you. If you are allergic to these vitamins then look for a homeopathic remedy or a Bach flower remedy for extreme sensitivity.

The mutation process is implemented by the central nervous system initiated within the molecular brain structure. The progressive cycles of change are introduced primarily through the cerebral-spinal fluid and from there throughout the nervous system generally. During the mutation process you will constantly be sloughing off whole strings or sequences of proteins. Full systems are being discarded by the body and are being rebuilt with differently structured compounds which you receive through water, air and foods that are also undergoing electromagnetic reformatting.

You will find fairly high levels of excreted proteins in body fluids such as urine. The body is literally washing away your old body formatting and rebuilding it as you live and breathe and move within it. The restructuring of the DNA means that you will no longer have four bodies. You will no longer have many chakras. You will no longer be a layered consciousness. You will contain no spaces, no gaps within your consciousness or in your corresponding DNA. You will have a spherical model with no gaps or separations. Everything within your system, within your being will have wholeness, roundness. It is an indescribable thing that you will build.

As we go through cellular transformation, the period of transitioning from the old dying world to the emerging new world, there will be times when you may feel disjointed as if your body is out-of-phase with everything. This will be frustrating for you within your mental and emotional bodies. You may feel less functional which will occur as you release the old ways and before the new ways have been fully formed. This change over period will cause you to have a tendency to have lower self-esteem.



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It will also bring up a variety of survival issues. You will need to use capable body workers to help you in releasing energies. These energies are held in the crystalline matrix within the structures and tissues of your body. When bodywork is done in conjunction with sound, it is especially effective. Connective tissue work will also be useful as will neuromuscular therapy. Bodywork such as this will help to re-pattern and open your nervous system and it will also break down crystallized energy.

Cranial sacral therapy, done by a capable body worker, may also be helpful in integrating the energies in your body. As the increased energies are being integrated into the body, some may benefit from chiropractic adjustments as there may be periods when you are prone to distortions and subluxations of the spine from changes taking place in the body. There are many homeopathic remedies that you may try as well as gem and Bach remedies that you may find supportive to you emotional and physical bodies. These can be obtained in your local vitamin/health food store.

Structural Bodily Changes

Changes in body shape will happen very slowly over time. Currently the changes that are taking place are happening on the inside of the body in the infrastructure in the following places:

- in the cellular system in the blood
- in the central nervous system
- in the bone marrow
- in the brain's patterning, how it is firing and receiving information from God.

Changes in Body Color

During cellular transformation, re-pigmentation of the body will occur. Many different kinds of unusual marks (round, red, white, etc.) will appear on the skin of young people as well as on the skin of older bodies. This is a temporary re pigmentation process that will allow the skin to come into its true



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purposes. The skin is an organ that functions as a bridge between heavy, dense matter of the body and less dense matter of the auric field of the body. This relates to the blood cell membranes being enriched by oxygen, allowing them to move in greater numbers and greater velocity through the capillary system closer to the surface of the skin.

Eyes

The white portion of the eyes may gradually change color, may become bloodshot and may become slightly darker. In some cases, this may create a slight tinge of rosiness in the eyes or a slight tinge of brown or green, but in most cases the color will be rosiness. This change relates to the increased velocity of blood near the surface of the eyes that can be viewed. The visual field of the eyes will alter and you will begin to view dimensions differently as your physical sight is adjusted as it interacts with the opening of the third inner eye, between your present outer eye positions.

Head

The primary place where mutation occurs is in the DNA of the brain. What this means is that certain brain functions are going to be a bit difficult. Your vision will be affected; you're most certainly going to be affected in terms of headaches; to some extent your hearing will be altered; and, most of all, your ability to feel that you have a sharp focus all time will be affected. Your heads are literally beginning to contain material that is capable of electrically short-circuiting. If you have a sense that you are losing your mental clarity, that certain things are happening in your head, including headaches that make you feel that you have short circuits within your brain that is due to the elimination of this material.



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Signs of Mental Transformation



The Signs of mental cleansing can manifest in all forms; the most common is the Physical disorientation¹². At times you'll feel ungrounded. You'll be "spatially challenged" with the feeling like you cannot 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. This can be a frightening experience because you cannot remember what you had for dinner, and dinner was only an hour away.

YOU ARE NOT LOSING YOUR MEMORY.

You are changing over from left brain function to more of a right brain function. Areas of the brain are being activated to cope with the higher energy coming in. Sometimes it is hard to speak, words come out jumbled or garbled, this situation will pass, and there is no time limit on this.

Others, on the other hand, may experience memory loss or *déjà vu*—as though whatever they are experiencing has not happened or has happened before. Time speeds up, collapsing events; one day moves so quickly into another you have difficulty remembering the sequence of hours. There are lessons

¹² Some people going through mental cleansing might experience a sense of disorientation even in familiar territory.



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to be learned from all these challenges and accepting them will help you secure a stronger footing in the process of Ascension.

This new incoming impulses of energy is affecting the cells that compose the mental, emotional and spiritual bodies. People are manifesting, on every level, this incoming light with their whole being. There will be times when you will be inspired with flashing memories, recall of past situations and lives and other realizations. Insights that are eternal and cosmic are beginning to infiltrate your body and to illuminate the human mind in a way that inner body cells will activate. The mental capacity of people will increase considerably during cellular transformation when all the useless data is being taken from your memory files.

Occurrence and surge of intense and vivid dreams; these might include war and battle dreams, chase dreams or monster dreams. You are literally releasing the old energy within, and these energies of the past are often symbolized as wars, and natural catastrophes. . Your dreams might seem so jumbled at times because the dream life usually makes the move from third to fourth dimension before the physical life. Your consciousness is shifting back and forth.

You are having a glimmer of that experience in your dreams. Sometime your dreams are not just great but they are also sequential. Then at other times you wake up and they feel more in a mess than ever.

Self-Transformation

As the process of cellular transformation progresses; you will be weighted down by an erroneous feeling of unworthiness, this is a very common aspect of the psychological Transformation process. Because we are dealing with immense biological changes and we also may have all the psychological, mental and emotional issues that we inherited when we arrived to deal with, we have to be attuned with the amount of situations, relationships, pre-concepts that will have to be transformed inside of ourselves. We may have to deal with many complicated issues in our life, some of which we are not necessarily aware of at the present, time and are all stored up within our bodies.



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As you mutate, all of these things are being thrown up by your DNA. You do not have them inside of you because you did something wrong, but because you no longer need these structures to evolve and your soul have requested that your body be aligned with a higher vibrational frequency.

In this new moment, we will be asked to stop judging ourselves and move into self-acceptance of our selves as well as of others in order to create a biochemical and an electromagnetic environment in your bodies that will optimize the opportunity for the body to mutate easily. This then will occur with some balance and with some stability and sometimes with an emotional sense of well-being.

Common Vibrational Shift Signals

Recognizing energy triggers will help prepare and alert you to opportunities for energy shifts. Here is some of the common ones:

- Buzzing, humming, electrical or roaring sounds
- Unusual tingling or energy sensations, hair standing on end, goose bumps
- Voices, singing, laughter, or your name being called out
- Heaviness or sinking, feelings of expansion and contracting
- Numbness or paralysis in any part of your body
- Weightlessness, levitation or lightness spreading throughout the body
- Any internal vibrations out of norm
- Electrical-like pulses of energy
- Footsteps or other sounds of a Being's presence



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- Internal rocking, spinning, or movement of any kind
- Arms or legs lifting while asleep
- Surge of energy flowing through your body
- Any noise out of the norm, wind, engine, music, bells, etc.
- Delightful smells, flower aromas

Out of Body Experiences

There will be more out-of-body experiences as cellular transformation occurs. This experience will also be accepted more by the public in general. It will be accomplished by more people and the experience will become more popular and will become more fun as more people experience it.

Out-of body experiences have already been increasing for many as there is a thinning in the veil. When a being has decided to take on physical form there was a veiling. As many go consciously on their path and open to receive the greater frequencies of the true multi-dimensional self, there is greater wholeness and alignment with the soul. The body is going through a process of this effacing of the veil and a thinning and a gradual release of this protective device is occurring.

As this veil is thinning, you will realize that there are no boundaries between your physical self, your higher self or soul self and your multi-dimensional being. Many are beginning to experience greater contact with, not only beings from other realms, but with beings of themselves as they are pure energy. For many, this is quite a challenge to begin to experience connection with themselves as they exist beyond time and space as pure energy. But as the veil thins, this is one of the experiences that occur more intensely.

Now as far as the out-of-body experience, the spiritual entities are challenging many to include their body awareness and not to leave it behind whenever they travel out-of-body and wherever the consciousness creates a focal point in their awareness. This may include another dimension such as



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inter-dimensional traveling or traveling beyond time and space with the consciousness. It may seem to you that you are not going anywhere, but the consciousness truly does experience and enter into this realm and dimension. It may thereby access that energy and those frequency sets and the patterns and information you wish to seek from beings living in that dimension.

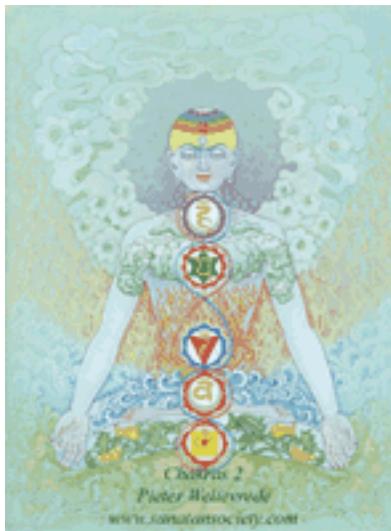
This is really not quite as difficult as it may seem. It is a natural skill that again has been shielded against and many are not quite ready to move into that level of multi-dimensionality. Many are becoming more interested in going into the consciousness of the earth because there has been a call put out by the earth. Many are unconsciously or consciously responding to the call to begin to work consciously and directly in direct alignment with the earth energy.

This will assist both the individual and the mass human experience, and will assist in the transformation and balancing of the earth's transformation or mutation. It is very beneficial for those who are feeling a type of curiosity, interest or a type of draw to this call, to begin to explore how it is that they may travel into and align with the consciousness of the earth. It begins much by a prayer of intent that you truly intend to move into this level of assistance. This is the first doorway that one would go through. From there, you will need to be open to many surprises for it can happen and it can happen quickly for some. They will find themselves in a very deep awareness, in a very deep alignment with the consciousness of the earth. From there, the choices are infinite.



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Dietary Changes



Your body's needs will probably change rapidly during these times. People are already finding a desire to eat in a different way. They are seeing a great shift away from the denser foods (i.e. meats and heavy proteins), and from foods that are heavy and will stay in the body longer and will create greater density in the body. During cellular transformation, your sustenance will be coming more and more from the light or energy vibration and less and less from physical sources. This light pervades the universe and also affects changes in body cells during transformation. As you vibrate higher, you will find that you no longer want the things that you used to. Coffee, tea and meat are just three of the dietary changes that people make as they begin to vibrate faster. Meat is especially dense and can really affect the body's energy, especially if it has hormones in it. You may develop cravings for certain foods, or go off your favorite foods. This is normal and a part of the change to the higher vibration. If you find this happening, then let it happen and explore the new possibilities.

This can result in changes in eating habits and changes in your appetite. There can also be a completely new arrangement of your intake of nourishment. Heavy or greasy foods cannot be digested because the



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body is functioning with heavy foods that don't vibrate with your changing body vibration. You will be drawn to the foods that best harmonize with you as a being of Light.

This means that for some people, sustaining themselves with very sparse diets will make them feel terrific. For others, the intake of food may be different¹³.

You will probably notice physical changes in your body that ultimately will lead to physical healing. Eat as many raw and pure, unprocessed and uncooked foods as you can. This means mostly fresh fruits and vegetables which results in a basic detoxification diet. Fruits and vegetables will be extremely important to your diets. You will find that many fatty foods will not work in your bodies during these changing times.

In addition, you may occasionally experience disruption to the digestive system, resulting in stomach ache, gas, or bloating¹⁴ partly due to the increased intensity of energy in the third or solar plexus chakra. The fifth, or throat chakra is also a very powerful energy center, and it's physical counterpart, the thyroid gland, is particularly vulnerable to changes in electromagnetic energy. This gland regulates the metabolic processes of the body, and in many cases is trying hard to keep up with the increasing vibratory rates. Some of the transmutative symptoms that commonly result are unexplained weight gain or loss, sluggishness, altered sleep patterns, and, again, feeling more tired and fatigued than usual for no apparent reason.

¹³ Weight Gain: This is a very common complaint. The body feels like it is being invaded so it adds a layer of protection. If you are a Lightworker, then additional water is needed to create energy. If you do not have enough water, the body will store water, which ultimately leads to stagnation. Another major factor is that with the activation of new DNA fat is needed to hold the vibration. Body fat holds a higher vibration which is necessary to generate healing and channeling energy. Many also have agreed to anchor grids of light in the areas surrounding where you live. Anchoring these grids require body fat to help hold the energy. Body fat serves a very loving purpose as it allows embodiments to assist mother earth in holding her vibration. In becoming crystalline, the body fat is evenly distributed around every cell within the embodiment. This allows the entire body to act as a tuning fork to hold a new vibration.

¹⁴ Nausea, Loose Bowel Movements, Diarrhea: This is a common reaction when the solar plexus chakra opens and releases the stored fear, anger and resentment held in the area. Karmic and family issues will produce gas and flatulence. The Bach Flower Rescue Remedy can ease these symptoms. Don't be afraid to take it every 30 minutes if necessary.



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There are some very good nutritional substances that are from nature, that create a balance in the amino acid tract. For instance, a food called spirulina¹⁵ is one of them and is one of the foods that are now coming out that are termed cell foods. These are foods with a high degree of life force and they are very good on an overall general level. We suggest that using these new foods or any types of supplements be done directly through accessing ones own body wisdom.

The quantity of water that you drink will also be extremely important to you during transformation. The water we drink allows the electrum to flow through your body, which is light lowered to a density as it enters the body mass. The more water you drink, the easier it is for the light energy, or prana, to enter your body and to move through the physical body, rejuvenating the organs of the body. It would be wise during cellular transformation to drink plenty of water, at least a gallon a day.

The additional water allows the light to move through the body faster. Light is an electrical force in our density and the additional water assists the movement of the light. From your perspective, you cleanse your body with additional fluids. The additional water permits the light, prana, to move through your body and the prana brings new life into and through the body.

There may be very significant fluctuations in the fluid retention levels in the body tissue which is due to the need to keep the water content in mutating systems very high. In order for the mutation process to be as comfortable as possible, you will need to keep your intake of water up. If you do not, your body will attempt to retain fluid in order to ensure that the element flow within your system is maintained. This is important because, during the mutation process, you are constantly sloughing off whole strings or sequences of proteins. Full systems are being discarded and rebuilt with differently structured compounds which you are receiving through water, air and foods that are also undergoing electromagnetic reformatting. In other words, you would find fairly high levels of excreted proteins in such body fluids as urine. You are literally washing away your old body formatting and rebuilding it as you live and breathe and move within.

It is quite helpful for people to go into a diet that contains more water, not only water in its pure form, but through the fruits and vegetables as well. This creates a greater lightness in the body and helps the body to reorganize its electrical structure. It is really quite simple, if you think of it, it is more of

¹⁵ Spirulina is the common name for human and animal food supplements similar to Blue Green Algae. Some of its uses are: nourishment, weight loss, antiviral, anti-allergy, antitumor, cholesterol, chemoprevention, immunomodulator, and hepatoprotection.



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a movement away from the density and complexities of what you have termed the modern world and moving into a greater state of purity through which you may receive the grace of this transformation.

Recommendations

By eating differently, you are also helping to detoxify the Earth, its surface and its atmosphere.

As you do this, visualize a white light pouring through your body and the Earth, lightening the dark spots, and loving all your parts.

Cleansing your body will result in a cleansing of the earth. Honoring your body with pure and natural foods, as nature intended, is honoring the Earth and the Earth's offerings in a way that is without equal. After you cleanse your body, you will begin to strengthen and to heal any of the body parts that were weak or tired.

We have mentioned the importance of drinking lots of pure water to hydrate the cells, during this renovation, add crystals to energize the water. Eat light meals with organic vegetables. It is also important to do more physical exercises¹⁶ (i.e. walking, jogging, running, hiking, and swimming) which will be extremely supportive during the changes. The exercise from dancing also is particularly powerful because many energetic pathways can be cut short and integrated throughout the body with the movement involved in dancing.

Doing light physical exercise will stimulate the energy flow through the body. Bach remedies, flower essences and essential oils will also help the transition.

¹⁶ Doing light physical exercise will stimulate the energy flow through the body.



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Other Side Effects

Blowing Light Bulbs and Electronics

If this is happening to you, then you are really reaching a very high vibratory rate and will probably be a profound healer or channel for spirit. This is due to extremely high energy coming into the physical form. It could be described as 50,000 volts of electricity coming in at once. Not only can the body not cope, but it goes through the body and out again and as it does so it affects all electronic equipment.

Adverse Animal Reactions

You will find that dogs and cats and other animals will become aware of your energy and be frightened of it or want to be around it all the time. Many animals can't get enough of the energy. Others are somewhat frightened because they do not understand it.

Change in Pathways, Jobs and Careers

Sudden change in job or career is 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. This too shall pass. You're in transition and you may make several job changes before you settle into one that fits your passion.



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Recommendations

Some things we would suggest in order to facilitate these transitional symptoms in your daily life.

- Increase contact with the natural world physically by literally putting the feet into the earth and the hands onto the earth. It would also be helpful to be in greater contact with water such as having water in the home (i.e. an aquarium, bowls of water or some type of water).

This helps create greater balance in the electromagnetic field. This is recommended to help balance the increase of energy that is coming in now and does affect the physical body and its state of wellness.

- We recommend cutting down on television, cellular phone and radio usage and you are going to find that even your electric lights and waves are going to start to handicap you, due to the level of sensitivity you will be facing as you progress in the Ascension journey.

Changing Results

Learning the lessons implicit in difficulties and challenges of the Ascension process congeal our sense of the Divinity within ourselves. We become conscious that we have the power to create our reality. We receive the empowerment to do rapid manifestations of intentions. We finally begin to live with a sense of mission to be of service to others because that's ultimately what life is all about: to find the Divinity within and share it with the world.

Because the signs of Ascension can easily be dismissed as illness, it is important that you develop strategies for centering. Meditation, yoga and prayer are helpful for dealing with these symptoms. Remember many of these signs can also be symptoms of underlying illnesses, to rule this option out, we strongly recommend that you be accompanied by a health care provider, before you start accepting these symptoms as just side effects of the Ascension process.



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Addendum

Medical Disclaimer

The information and advice made available through this e-book is not intended to replace the services of a physician, nor does it constitute a doctor-patient relationship. Information in this e-book is provided for educational and informational purposes only and is not a substitute for professional medical and/or psychological diagnosis and treatment. You should not use the information in this e-book for diagnosing or treating a medical, health, emotional or psychological condition. It is not professed to be physical, medical and/or psychological diagnosis and treatment nor is any such claim made. It should never be substituted for the medical advice from your own doctor or other health care professionals. You should consult a certified health care professional in all matters relating to your health, and particularly in respect to any symptoms that may require diagnosis or medical attention. We do not dispense medical advice, prescribe drugs or diagnose any illnesses with our literature. Any action on your part in response to the information provided in this e-book is at the reader's discretion.

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