



ASCENSION SYMPTOMS

The more limitations and resistance we are holding onto, the more symptoms we will encounter. This explains why many ascension symptoms can be highly intense and last longer during the beginning of our awakening process. Think back to when you were a child all the way until the present and every moment you may have experienced trauma or fear that left an imprint (and even previous lifetimes). This is what is now healing within you, which can manifest in various ways. Once we bring awareness to what is occurring at the root, we can begin to shift. I created this guide to help you better understand energetic and physical shifts you may experience. There was a time when I did not understand what was happening in my body, and I was in complete panic that something was seriously wrong. Each time I went to the Doctor to explore what was happening with everything from moderate to serious illness, they could not concretely identify a cause. It always landed under a "Mysterious" category of "could be this or that", followed by several tests, and no solution. I would later discover through my own healing journey what was actually happening and that I was truly healing, not ill (sometimes when we release trauma, we feel discomfort before healing). This is not an exhaustive list but captures some of the common symptoms. *Please note that this is not to replace medical advice, and you should seek any medical attention as you feel guided.*

- **Feeling too hyped and feeling intense lack of energy:** When upgrades occur, massive amounts of light energy move into the physical body for clearing. This can leave us feeling drained, requiring us to rest more than usual. As densities begin to release, we have massive surges of energy flowing through our bodies feeling lighter. This process continues and is normal to ebb and flow (highs/lows) in between periods of shifting the energies.
- **Ears Ringing:** Typically happens when we receive a download to activate hearing of higher frequencies. Tip: Tune in when the ear ringing stops. Sometimes there will be a message waiting for us to receive.
- **Headaches/Migraines/Pressure:** 3rd or crown chakra expansion.
- **Sleep interruption:** We work on healing during our sleep. When we are in a period of experiencing resistance to an unprocessed trauma, it can interrupt our sleep patterns often accompanied by feelings of anxiety.
- **Heart palpitations/Anxiety:** Healing is taking place in the heart chakra. This can occur when large amounts of energy are clearing old wounds. The energy is wanting to shift from old mindsets to flowing through our heart freely so we can release "chains" that have held us back.
- **Changes in body temperature or twitching:** Lower vibrational energies or old patterns being released from our body (from various places).
- **Depression/Isolation/Grief:** During the awakening process, we are often guided to turn inward and spend more time there looking for answers. We may notice a desire to leave old relationships and jobs that no longer match our vibration. We may even feel as though we don't belong, as we start to become aware of our true power. This can be a painful process when we feel there is no one to talk and share what we are experiencing, especially those that we love. During this period we may also experience grief and depression, as we begin letting go of old belief patterns that have existed within us for years, lifetimes even. We grieve for times we have not fully expressed ourselves and our emotions, and we grieve

for the loss of our old identity as we emerge and transform into the beautiful butterfly that was always us from the beginning.

- **Bone Pain/Mirrors Arthritic Symptoms:** Deep ancestral healing into the bones, fascia and marrow. This is the healing that often goes back deep into our lineage and comes inherited through our DNA. This can also go back to previous lifetimes.
- **Nausea or digestive:** Nausea can be accompanied with the dizziness of moving in and out of dimensions quickly. It also comes with the higher vibrational energy that our physical body is still integrating. Digestive comes with energy needing to be released from the Sacral chakra typically related to unprocessed emotions.
- **Rashes/Skin issues:** Releasing energies related to areas where we were not consciously accepting ourselves. Self love is a major key in this transformation.
- **Confusion:** Feeling a strong sense of urgency that you are needed to do something big, but there is ambiguity and confusion. This is where coming into connection with our gifts and certain modalities can help bring some clarity. Integrative support can also assist. The journey is moving from (which you are in the process of at this stage) thought patterns and being stuck in the head space, to flowing everything through the heart.
- **Fears of Dying:** When we go through this transformation, parts of our ego dissolve that have been with us for ages. These are limiting beliefs and thought patterns that have been there so long, they feel like a huge part of us. As we transform and our ego dissolves, it can feel like we are dying because in essence, we are letting go of old parts of ourselves. The feeling can be very real and also bring up fear and panic.
- **Depression/Suicidal thoughts:** It can be challenging to see the good in the world and feelings may arise, such as "what is the point of being here?" Gaining a better understanding of the bigger picture and the unique role you play can help reposition our perspective to inspiration and inspired action to create a life

that feels good for us. It's a tough journey, and there are ways to make it feel lighter with more support.

As stated previously, this is not an exhaustive list. It highlights some of the main symptoms. I get it, and I understand after more than a decade of experience working through this process. Now more than ever, you need people who get you, see you and deeply understand you. I have found that connecting with our soul purpose, being part of a supportive community, connecting with our gifts, learning to trust ourselves, and leveraging healing modalities to anchor more light while taking care of the physical, mental/emotional and energetic body to collectively shift density, lighten energy and elevate our vibration to be very helpful.

As Paul Selig said, "I know who I am. I know what I am. I know how I serve."

I want to help you arrive there.

I am a Channeler, Mentor and Healer, and honestly it feels strange even to define it. The truth is one - all love, the love within me inspired and guided to support powerful beings like you at this time.

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