

Ascension Symptoms

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(aka Ascension Flu)

Question #1 – Ask your Higher Self is this mine?

You may have picked up someone else's energy and not even realize it!

I do not like the title of flu attached to ascension. For sure you must eliminate any kind of physical, mental or spiritual discomfort by seeing your professional healers, allopathic doctors, naturopaths etc. Even your energy healers may be able to identify if you need outside assistance. Do not let any of these symptoms go on for a long period without checking out with trained professionals.

Even though the symptoms remind one of the flu, it seems to downgrade it a bit so I rarely refer to it this way. I consider Ascension symptoms an honor and privilege as it means our bodies are evolving, and transforming into higher consciousness beings. The symptoms all relate to how our body will process the experiences. Just like when you first start going to the gym, you may have sore muscles because you overworked them, or used them for the first time. Over time, those symptoms abate.

Not everyone gets these symptoms. If you get them, no bragging rights! In all cases they are because some part of you, body, mind, or spirit are in resistance, either due to unfamiliarity or due to adjustments that are occurring faster than you can move.

Symptoms may last longer than a year – again see your medical professional for symptoms first and rule out anything that may need attention from them, first.

Physical:

- Sinus discomfort, increased infection, lungs or sinus this actually leads to expanding the space for the Pineal gland to get larger! It may also be from cleansing of the body in general, working through this system
- Coughing may be coming from heart chakra clearing
- Body temperature fluctuations
- Ringing in the ears. (Tinnitus)
- Irregular heart beat
- Changes in appetite or food preference (i.e. no longer interested to eat meat for no reason that you can think of)
- Increased Light Sensitivity

- Nausea and Dizziness
- Light headedness and Vertigo
- Fuzziness to dizziness this may include motion sickness
- Sensitivity to noise
- Frequent waking for urination (Not just a sign of aging – as the bladder might not even be full!) Sometimes this is because you are being worked on in your dream time and will need to shift and move.

Mental

- Apparitions – swing from ecstasy to fog and back
- Vivid dreams
- Heightened sense of clarity
- May need to ask people to repeat things
- Anxiety
- Moodiness or emotional purging
- Reading others minds and not knowing it until they tell you
- Increased interest in spiritual matters

Emotional:

- Moodiness and mood swings
- Greater sensitivity to your own feelings
- Tiredness or overwhelming emotional exhaustion
- Sensitivity to another's energy and feelings (Remember to ask, "is this mine?")
- Crying over things you didn't use to cry over
- Laughing uncontrollably without apparent cause or source

Working with these changes makes the body strong, more able to move at higher vibrations. The symptoms show up – because our body elemental hasn't received the upgrade instructions. Or the upgrade isn't moving smoothly like you would like.

Solutions:

- Don't judge yourself
- Don't resist – resistance can and will prolong or intensify symptoms
- Meditate more – listen to guided meditations – Particularly useful is the Golden Bowl, MerKaBa (both Classic and 5D MerKaBa) and 5D Mind Mastery
- Spend more time in nature
- Get more sleep