

## Common Ascension Systems

### Uplifting Symptoms

1. Increase in Spiritual Experiences
  - Openings to new realities, profound realizations of truth, heart openings
  - Experiences of a more authentic & powerful identity
2. Greater sense of ease, lightness, clarity
  - Experiences of profound inner peace, well-being, harmony
  - Expanded experiences of oneness, freedom, gratitude
3. Waking up to higher aspects of who you are--feeling a greater connection to your Higher Self
4. A greater detachment about issues in your life, your stories of suffering
  - Having more experiences in the witness or observer
    - Giving you higher perspective on life
    - Greater neutrality about difficult situations & relationships
5. Increased Synchronicities, small miracles
6. More contact w/ subtle worlds – more awareness of celestial beings around you
7. Increased psychic abilities
8. Past life memories surfacing

### Challenging Symptoms

1. **Physical**
  - Aches & Pains – especially headaches
  - Ascension flu – detox

- Exhaustion
- Sleep Issues – need for many hours of sleep, or insomnia, waking up middle night
- Digestive problems
- Hypersensitivity to sounds, smells, foods, chems, bright lights, energies
- Mindfog – memory loss
- High-pitched ear ringing
- Dizziness
- Dry, blurry eyes
- Heat Surges
- Old conditions & past injuries reappearing - chronic symptoms heightened

## 2. **Psychological**

- An enormous amount of change, loss & uncertainty in your life
- Periods of intense emotional upset
- Loss -- financial, health, relationships, work, home, loved one, dream, new limitations in functioning
- Relationship changes
- Withdrawal – lack of interest, passion in life – flatness, boredom - no more drive to accomplish anything
- Disorientation
  - not all here
  - outer world – more dreamlike, surreal

## Level 1 - Class 2 – Ascension Symptoms

- living in 2 different realities at once
- strange experiences with time
- spacial weirdness
- suddenly don't know where you are
- feel intense energetic pressure
- experience that's both uplifting & painful at same time