



ASCENSION SYMPTOMS

Common Ascension Symptoms

Fatigue

No matter how much you rest, you still feel tired with little energy for even the things you love doing.

It is absolutely essential that you rest as much as you possibly can. The angels say it is also vital to unplug for your mind chatter, that nagging voice that tells you to just push through it, or that you are being lazy. Rest really is the best answer, so rest whenever you can. Even short periods of time will help. It is also the way your body will best 'upgrade'. You are a Lightbearer. These 'upgrades' are part of what you have incarnated to energize on the planet. It is not something that is 'wrong' with you.

A General Feeling of Unexplained Unwellness

You can't put your finger on it, explain it, nor truly describe it. You just don't feel like your usual self.

This may have been an ongoing pattern for the past few years, or even longer. You may experience periods of flu-like symptoms, yet, you don't have the flu, so you put it down to a 'virus'. This is a typical ascension symptom.

Body Aches and Pains

Ouch! Your body aches, even after you have taken the time to stretch and exercise. Often, with Ascension Symptoms, exercise actually makes you feel worse, not better. This is because your body is in the process of great change as your energetic frequency is ramping up, as you embody more Light, as your physical self actually changes - evolves - in order for this to take place. Don't push yourself! Rest, rest, rest. Drink lots and lots of filtered water - not bottled water as it is toxic. Adding greens such as a high-quality liquid chlorophyll is excellent.

Dizziness or Vertigo

Sudden onset vertigo or dizzy spells can happen during this time of rapid evolution.

*I have experienced it myself. One minute I was fine, the next, the whole room 'tilted' creating the need to lay on the floor for almost 2 hours as nothing felt stable, not even the floor I was lying on. I did call the doctor. The cause was not known to him, but I know. Others report this occurring for much longer periods, and require care and attention to rest, self-care, a calm environment, and patience.

Ascension Fog

Information comes in, yet our brain can't seem to process it! Dates, times and even recurring events and appointments seem to slip through the cracks, and go completely unnoticed! I, myself, am experiencing this. Give yourself a break, and let go of that critical voice and that nagging voice in the back of your mind suggesting that maybe you have *early onset dementia or Alzheimer's.

Viruses

You seem to be 'picking up' viruses easily! - Often, a virus is the best guess medical explanation for the unexplainable. This is called 'best guess speculation', and is a totally normal medical diagnostic tool.

While your body is expressing what seems to be a virus, you are expressing ascension symptomology.

Headaches

Even if you do not usually have headaches, you may very well experience them as an ascension symptom. You may also notice a feeling of heaviness in your head, like the beginnings of a headache, that doesn't progress, or a feeling of 'cotton' in your head.

Disturbed Sleep Patterns & Vivid Dream States

You may either find it difficult to actually fall asleep, but more commonly, you may find yourself waking in the early hours, often, between 2 am and 3 am. One of the reasons this occurs is because you are 'working' as you sleep - energetically, out of your body. Your body and your mind can not cope with the heightened activity, the heightened frequencies, so it quite literally wakes you up to give you a break.

Rapid Mood Changes

One minute you're 'up', the next, you're feeling flat, or even a bit depressed. What is going on you ask! Where did my 'happy' go?! Again, you are in flux, change, your matrix is undergoing an evolutionary shift unlike any other in history. Be as patient, as kind and compassionate with yourself as you can; remember, not everyone around you will 'get' it, they won't always understand when you try to explain.

So, what can you do? Tune in...and I do mean with-in you. Your higher-self knows. Your soul understands it is just that your brain does not. Reach out to others who are on a similar spiritual path. Don't try to explain to people who simply can not, or unwilling to understand what you are experiencing. It's better for you this way right now.

Additional symptoms may include:

- *The urge to leave unsatisfying job or relationships become too strong to deny
- *Feelings of mild to mid disassociation
- *Not feeling as connected to others as you usually do
- *Overwhelm
- *Energy rushes
- *Difficulty concentrating
- *Relationships that have unfulfilling for a long time are now coming to a conclusion
- *Feeling like time is running by too fast and you can't keep up
- *Heightened sensitivity
- *Your spiritual/psychic nature calling is louder than ever before
- *Your psychic nature is demanding attention
- *Muscular pain or aches
- *Needing to sleep much more than ever before
- *Knowing ahead of time things you can't explain
- *Seeing/sensing angelic beings
- *Seeing/sensing angels, Fairies and other elementals

*It's important to note, that it is always my recommendation to seek advice from your health care provider as a given. This will rule out possible ailments that may need attention, and