Reiki Tradition

Ascension Symptoms

I know many of you are going through Ascension Symptoms as well as I. My advice is to trust the process, do meditation, eat well and get plenty of rest.

As we are heading into the Age of Aquarius, new energies are encompassing our bodies and are reflected in various physiological symptoms. Within this transition of the ages, many people will begin to feel many of these energy shift symptoms on a regular basis as our bodies are adjusting and upgrading to the higher frequencies.

FLU LIKE SYMPTOMS: 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.

MUSCLE ACHES AND JOINT PAIN: Increasing your vibration forces the energy through the body. 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 assistance 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.

DEPRESSION: A very common symptom caused by an increased rate of vibration. This higher frequency forces any illnesses, viruses, or infections hiding in the body to surface. To discover the root-cause contributing to this state examine your beliefs and decisions 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.

CRYING FOR NO REASON, FEELING EMOTIONALLY VULNERABLE: When blockages from this lifetime, and other lifetimes began to release the emotional body will react in this manner. The Photon Belt 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.

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FLUTTERING, PAIN IN THE HEART AREA, OR BREATHING PROBLEMS: 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.

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.

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, each person has a different time frame for some it can be weeks, for others months, for others years. If you can create a pyramid structure to sit under this will give you wonderful boosts of energy when you are lacking it. Drink lots of pure water to hydrate the cells, add crystals to energize the water. Eat light meals with organic veggies. Doing light physical exercise will stimulate the energy flow through the body. Bach remedies, flower essences and essential oils will also help the transition.

EXCESSIVE ENERGY: You go early to bed, exhausted, but in a couple of hours you are wide. 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.

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 than additional water is needed to create energy. If you don't 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 channelling energy. Many of you 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.

LOSING YOUR MEMORY OR FEELING SPACEY: 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, there is no time limit on this.

EXTREME SENSITIVITY: 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.

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. It 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.

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.

FOOD CHANGES: 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 favourite 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.

Also, the changes to our physiological make-up are currently speeding up and there are many temporary physical symptoms that are occurring in our bodies as a consequence of this. Some of these are:

- *Flu-like symptoms.*
- *High temperatures, sweating, aching bones and joints etc, but which do not respond to antibiotics.*
- *Migraine headaches with severe pain that is not relieved with pain killers.*
- *Occasional diarrhoea.*
- *Occasional runny nose and sneezing which lasts 24 hours and is not a cold or hay fever.*
- *Dizziness.*
- *Ringing in the ears.*
- *Heart palpitations.*
- *Feeling the whole body vibrate, especially at night when one is in a relaxed state.*
- *Intense muscular spasms and pain in one or more areas of the body.*
- *Tingling in arms, hands, legs or feet.*
- *Temporary loss of muscular power in the body caused by changes to*

the circulatory system.

- *Occasional breathing difficulties, and/or noticing stronger or louder breathing when in a relaxed state.*
- *Immune system changes.*
- *Tenderness in the breasts and/or genitals.*
- *Lymphatic system changes.*
- *Changes to skin tone and colour.*
  Feeling tired or exhausted from minor exertion.
- *Wanting to sleep longer and more often than usual.*
- *Toe nails and hair growing quicker than usual.*
- *Bouts of depression for no real reason.*
- *Finding that one is delving into the past, looking at relationships and gaining clarity on personal issues.*
- *Feeling one is doing a huge purge.*
- *Tension, anxiety and high stress levels because one feels that something is going on but one doesn't know what it is.*

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