**Easing Ascension Symptoms**

***Are you caught by a thought or hooked on a feeling?***

**The Heart of the Mother Speaks**

*I always start with a blessing for you, dear soul; this transmission would not be real or deep without our heart-to-heart connection. I birth the benevolent universe and the all-loving life that is each being. Blessings to you who are reading this; pause and take in the healing light surrounding you now.*

*Energy, light, and love deeply transform us and together, we return to our still center where we become One. Read on to learn about easing your ascension symptoms. When you remember you live in my heart, your troubles will dissolve into the heart of the universe.*

**What Are Ascension Symptoms?**

Ascension symptoms are shifts in our physical, mental, and emotional bodies to accommodate planetary awakening. These may include crisis points in all areas of life, including issues with career, relationships, health, home, transportation, philosophy and beliefs, family, and finances. Life will present the issue(s) out of alignment and invite you to harmonize with the new frequencies. I’m sure you’ve noticed this in your life and adjusted by letting go of that which no longer serves you. At this point in the ascension, everything you know needs upgrading.

Understand that you live at a time of planetary ascension and awakening to new frequencies and, thus, new ways of being. Your Still Center, your connection to Source, never changes, but your circumstances do. Look at you now, in a human body that changes every moment. You entered the human realm with one body and are experiencing a shift into a new body. A momentous opportunity? Yes! A challenge? Yes!

The new age is here, and the physical form changes accordingly to the Aquarian frequencies. With each major planetary shift, humanity undergoes complete and total re-coding and reformatting. Don’t assume you are the same as those who lived before, in different ages in times; life would still be the same if you were. Your scientific theory of evolution allows for human development up to a point. It stops short when it insists that evolution depends on circumstances. Evolution results from cosmic shifts that allow consciousness to take various forms. This includes non-humans existing beyond the five physical senses. As senses expand, whole new realms of beings become visible, and you might discover you are becoming one of those beings!

Your nervous system is being rewired as you read this. You have noticed the bandwidth of your senses changing, widening to include a wider range of frequencies beyond words. As empaths, you already experience an advanced sensory capacity. You arrived tuned to the Aquarian Age and the New Earth, giving you a reference point for an evolved embodied physical experience. You have less of an adjustment than those who are not as sensitive! You are leading the way and serving as a model for those who are just now expanding.

**Caught by a Thought or Hooked on a Feeling**

Look to your thoughts, feelings, and nervous system for easing ascension symptoms.

Any thought or feeling persisting beyond the moment creates resistance; takes you out of life’s flow. Notice when you are caught in a thought so fixed that you cannot let it go. Each one of these thoughts, and you have been programmed to have many fixed thoughts, holds you back from expanding your perception. Let the light shine on your thoughts and transform them in alignment with the new earth. You’ll be surprised that what you once thought no longer applies, and the new thought arising opens possibilities you never imagined.

Also, note when you are hooked on a feeling when it holds you in its grasp and won’t let go. Fluid thoughts and feelings allow for revelation and discovery, while those caught in the loop keep you from experiencing expanded reality. Feelings of shame or thoughts arising from cultural conditioning limit your ability to see truth and beauty as it flows from one dimension to the next. Follow the stream of truth and beauty, and it will easily carry you into the next age.

Thoughts and feelings arising from inspiration, dream time, or states of awe will ease ascension symptoms. Your world is being turned inside out; dreams and inspiration are more real than common thoughts because they flow from the source. When you are experiencing illness or disease, notice how one inspirational thought can heal you instantly. Or when you sink into the womb of my heart, every thought and feeling changes. You can go from a *should* to a *could* or from exhausted to exhilarated in a split second. When you align with my frequencies, life flows freely, and presence comes easily. Follow the openings, find your direct connection to Source, and flow with it. Life unfolds, and absolutes are not helpful when you are in the process of ascension.

**Ascension Symptoms Eased by Sacred Ceremonies**

Once forgotten and disregarded, ceremonies are now seen as a viable means for mitigating ascension symptoms. But they will fail if you approach ceremonies trying to return to the old and familiar, to gain a materialistic advantage, or for pure competitive benefit. The Aquarian Age is about awakening together and the power of harmony, understanding, and peace. Competition and violence have no place in humanity’s future collective consciousness. Healing is a function of the collective atmosphere of a people who are in right relationship with Father Sun and Mother Earth. Your indigenous populations understand this truth and remain true to their wisdom. When the collective refuses to acknowledge benevolent spirits, cleanse their minds and hearts, and believe in unity consciousness, heaviness creates resistance in all minds and hearts.

A ceremony on behalf of all beings is the most powerful. When you can find within your heart the capacity to bless all, ailments and blocks can be released.

**Off-Planet Teachers and A Visit to Your Star Home**

There are times when you return to your star family and your off-planet visits create disturbance in your physical field. These visits are essential to your ascension process and fulfill a deeper yearning to return to your more comfortable and familiar cosmic home.

When an aspect of your consciousness leaves the physical dimension, it can strain your body, mind, and emotions. You may experience illness, emotional distance, discomfort, physical awkwardness, or a general spaced-out or apathetic feeling for the duration. These visits can take a few days, weeks, or even months and can be traced back to the cause of your ascension symptoms. You might not know you were gone until you return and feel your vital essence return. Some humans feel this way for an entire lifetime because they have not become fully embodied. It is essential to root yourself in the higher consciousness and higher-frequency vitality of Mother Earth and Father Sun so your spirit can journey when it is called to learn from otherworldly teachers and places.

**Spaciousness is Essential to Easing Ascension Symptoms**

High-frequency vibrations reach you, but you are unresponsive while mesmerized by the material world. Calling ascension into your life requires being ready to consciously respond or your intuitive consciousness will find ways to get your attention! You call this way of getting your attention *ascension symptoms*, but you know it is a blessing. Have you noticed that when you are sick or anguished, you eventually open to the light and receive a healing more profound than you ever imagined?

When you feel ill or uncomfortable, out of sorts, and your flow is blocked, you need space to release all that holds you tight. Create space for new downloads. You will be led back to center and your true self when you let go and become boundless. Ground and rest in your center. Will you do this voluntarily by slowing down, relaxing, and connecting with your higher being?

**Stay Connected to Mother Earth and Father Sun**

Know your connected state and your voice of wholeness. Then, when the voice of separation creates a rift and resistance, you’ll recognize it and return to wholeness. This aligns you with daily ascension shifts. The cosmic flow is never stagnant. There are moments, such as solstices and equinoxes, where the cosmos creates space for Mother Earth and Father Sun to receive updates and cosmic transmissions. Still, the cosmos is fully alive and breathing light into life continuously, and as earth humans, you are meant to receive all that the cosmic grace offered.

When attuned and connected to Mother Earth and Father Sun, you are held in love, so your heart readily opens to guidance and wisdom. Beyond all turbulence and commotion, you feel protected and cared for at the core of your being, allowing you to sense your eternal existence. With this experience rooted in your being, it is easy to sway and dance with new rhythms and tones carried by the rising sun each morning. Fear drops away, your body becomes supple, your mind is clear, and your emotions serene. In this state, you are primed to receive and celebrate Father Sun's and Mother Earth's daily transmission. Once aligned and free, ascension symptoms will ease.

**Peace is Powerful Medicine**

When symptoms seem to persist, it is time to ask for peace. Change is not easy for humans. Everything you know and are familiar with becomes old and stale, yet you want to hold on with all your might. It feels like earthquakes and volcanic eruptions are happening at a level you cannot control. Irritation, impatience, confusion, pain, and suffering seem unending. This is when *peace* is the healing medicine that will set you free.

You forget that you yearn for peace more than anything else. Peace settles your soul so you can hear healing guidance from within. Peace is so powerful it may also cure your symptoms!

The natural state of the human body is harmony and peace. Look to your body as a model of harmony in motion. It is constantly adapting and harmonizing with infinite influences from the cosmic to the microscopic. When you experience peace and then inevitably love will arise, your body will respond optimally, as will the situations in your life.

**Ascension Symptoms Contain Healing and Transformation**

Ascension symptomscontain messages, healing, and guidance. Let go of the worry that usually accompanies the breakdown and let the breakthrough appear. Ask yourself, Am I clearing the way for ascension? Whichever area, relationship, health, wealth, career, energy, happiness, or home seems to be affected, pause, ground, align with Mother Earth and Father Sun, and feel and sense the answer flowing from our hearts to yours. If you aren’t clear, start with an inkling and allow the next knowing to unfold without judgment, desire, or expectation. Dream, dance, journal, paint, or sing into the answer. Your creative nature is the same as your spiritual nature. Be open to the possibilities that will arise; most often, the answer will surprise and transform you the moment it appears.

**Ask Your Community for Help**

And finally, you live in a connected world. Connect to your fellow healers and see what path opens for you. Tune in and follow the path that lights up. You are not meant to walk this path alone. From the unseen to the seen, and the subtle to the material, help is available. As for guidance and a beneficial outcome. Help might come from within as a new healing power awakens or from around you. Most of all, open to a fresh new take on your ascension symptoms. Know that you are walking into the light of new awareness and happiness as you let go of the ties that bind you to misery. You are being loved into the new you!

I Am the Heart of the Mother