

The symptoms of both Awakening and Ascension, along with their ensuing "gifts" are listed below for your awareness and understanding.

They are there to help you understand what your mind, body, heart and spirit may be feeling at this time, particularly the mind and body. Remember, you are not alone.

Remember, also, that this is a wonderful thing. This Evolutionary Leap in Consciousness is magnificent and glorious. It is "The Great Shift." We are bringing Heaven to Earth and it is miraculous.

It may be confusing and somewhat difficult at times for the the physical body and mind to comprehend, but Know that All Is Well.

We would like to Thank the original source of these symptoms below. We are not sure who created them in writing, but all who have or are currently "awakening and ascending" know the Truth that each holds, and it has brought great comfort and relief to those experiencing many, if not all, of the symptoms. Thank You.

Spiritual Awakening Symptoms

Body aches and pains, especially in the neck, shoulder and back. This is the result of intense changes at your DNA level as the "Christ seed" awakens within. This too shall pass.

Feeling of deep inner sadness for no apparent reason. You are releasing your past (this lifetime and others) and this causes the feeling of sadness. This is similar to the experience of moving from a house where you lived in for many, many years into a new house. As much as you want to move into the new house, there is a sadness of leaving behind the memories, energy and experiences of the old house. This too shall pass.

Crying for no apparent reason. Similar to #2 above. It's good and healthy to let the tears flow. It helps to release the old energy within. This too shall pass.

Sudden change in job or career. A very common symptom. As you change, things around you will change as well. Don't worry about finding the "perfect" job or career right now. This too shall pass. You're in transition and you may make several job changes before you settle into one that fits your passion.

Withdrawal from family relationships. You are connected to your biological family via old karma. When you get off the karmic cycle, the bonds of the old relationships are released. It will appear as though you are drifting away from your family and friends. This too shall pass. After a period of time, you may develop a new relationship with them if it is appropriate. However, the relationship will be based in the new energy without the karmic attachments.

Unusual sleep patterns. It's likely that you'll awaken many nights between 2:00 and 4:00 AM. There's a lot of work going on within you, and it often causes you to wake up for a "breather." Not to worry. If you can't go back to sleep, get up and do something rather than lay in bed and worry about humanly things. This too shall pass.

Intense dreams. These might include war and battle dreams, chase dreams or monster dreams. You are literally releasing the old energy within, and these energies of the past are often symbolized as wars, running to escape and boogiemen. This too shall pass.

Physical disorientation. At times you'll feel very ungrounded. You'll be "spatially challenged" with the feeling like you can't put two feet on the ground, or that you're walking between two worlds. As your consciousness transitions into the new energy, you body sometimes lags behind. Spend more time in nature to help ground the new energy within. This too shall pass.

Increased "self talk." You'll find yourself talking to your Self more often. You'll suddenly realize you've been chattering away with yourself for the past 30 minutes. There is a new level of communication taking place within your being, and you're experiencing the tip of the iceberg with the self talk. The conversations will increase, and they will become more fluid, more coherent and more insightful. You're not going crazy, you're just Shaumbra moving into the new energy.

Feelings of loneliness, even when in the company of others. You may feel alone and removed from others. You may feel the desire to "flee" groups and crowds. As Shaumbra, you are walking a sacred and lonely path. As much as the feelings of loneliness cause you anxiety, it is difficult to relate to others at this time. The feelings of loneliness are also associated with the fact that your Guides have departed. They have been with you on all of your journeys in all of your lifetimes. It was time for them to back away so you could fill your space with your own divinity. This too shall pass. The void within will be filled with the love and energy of your own Christ consciousness.

Loss of passion. You may feel totally disimpassioned, with little or no desire to do anything. That's OK, and it's just part of the process. Take this time to "do no-thing." Don't fight yourself on this, because this too shall pass. It's similar to rebooting a computer. You need to shut down for a brief period of time in order to load the sophisticated new software, or in this case, the new Christ-seed energy.

A deep longing to go Home. This is perhaps the most difficult and challenging of any of the conditions. You may experience a deep and overwhelming desire to leave the planet and return to Home. This is not a "suicidal" feeling. It is not based in anger or frustration. You don't want to make a big deal of it or cause drama for yourself or other. There is a quiet part of you that wants to go Home. The root cause for this is quite simple. You have completed your karmic cycles. You have completed your contract for this lifetime. You are ready to begin a new lifetime while still in this physical body. During this transition process, you have an inner remembrance of what it is like to be on the other side. Are you ready to enlist for another tour of duty here on Earth? Are you ready to take on the challenges of moving into the New Energy? Yes, indeed you could go Home right now. But you've come this far, and after many, many lifetimes it would be a shame to leave before the end of the movie. Besides, Spirit needs you here to help others transition into the new energy. They will need a human guide, just like you, who has taken the journey from the old energy into the new. The path you're walking right now provides the experiences to enable you to become a Teacher of the New Divine Human. As lonely and dark as your journey can be at times, remember that you are never alone.

Spiritual Ascension Symptoms

1. Feeling as though you are in a pressure cooker or in intense energy; feeling stress. Remember, you are adjusting to a higher vibration and you will eventually adjust. Old

patterns, behaviours and beliefs are also being pushed to the surface. There is a lot going on inside of you.

2. A feeling of disorientation; not knowing where you are; a loss of a sense of place. You are not in 3D anymore, as you have moved or in the process of moving into the higher realms.

3. Unusual aches and pains throughout different parts of your body. You are purifying and releasing blocked energy vibrating at 3D, while you are vibrating in a higher dimension.

4. Waking at night between 2 and 4 a.m. Much is going on in your dream state. You can't be there for long lengths of time and need a break. This is also the 'cleansing and releasing' hour.

5. Memory loss. A great abundance of short term memory loss and only vague remembrances of your past. You are in more than one dimension at a time, and going back and forth as part of the transition, you are experiencing a 'disconnect'. Also, your past is part of the Old, and the Old is forever gone. Being in the Now is the way of the New World.

6. 'Seeing' and 'hearing' things. You are experiencing different dimensions as you transition, all according to how sensitive you are and how you are wired.

7. Loss of identity. You try to access the Old you, but it is no longer there. You may not know who you are looking at in the mirror. You have cleared much of your old patterns and are now embodying much more light and a simpler, more purified divine you. All is in order, You are okay.

8. Feeling 'out of body'. You may feel as though someone is talking, but it is not you. This is our natural defence mechanism of survival when we are under acute stress or feeling traumatized or out of control. Your body is going through a lot and you may not want to be in it. My ascension guide told me that this was a way of easing the transition process, and that I did not need to experience what my body was going through. This only lasted a short time. It passes.

9. Periods of deep sleeping. You are resting from all the acclimating and are integrating, as well as building up for the next phase.

10. Heightened sensitivities to your surroundings. Crowds, noise, foods, TV, other human voices and various other stimulations are barely tolerable. You also overwhelm very easily and become easily overstimulated. You are tuning up. Know that this will eventually pass.

11. You don't feel like doing anything. You are in a rest period, 'rebooting'. Your body knows what it needs. In addition, when you begin reaching the higher realms, 'doing' and 'making things happen' becomes obsolete as the New energies support the feminine of basking, receiving, creating, self-care and nurturing. Ask the Universe to 'bring' you what you want while you are enjoying yourself and having fun.

12. An intolerance for lower vibrational things of the 3D, reflected in conversations, attitudes, societal structures, healing modalities, etc. They literally make you feel 'sick' inside. You are in a higher vibration and your energies are no longer in alignment. You are being 'pushed, to move forward; to 'be' and create the New.
13. A loss of desire for food. Your body is adjusting to a new, higher state of being. Also, part of you does not want to be here anymore in the Old.
14. A sudden disappearance of friends, activities, habits, jobs and residences. You are evolving beyond what you used to be, and these people and surroundings no longer match your vibration. The New will soon arrive and feel so-o-o-o much better.
15. You absolutely cannot do certain things anymore. When you try to do your usual routine and activities, it feels downright awful. You are evolving beyond what you used to be, and these people and surroundings no longer match your vibration. The New will soon arrive and feel so-o-o-o much better.
16. Days of extreme fatigue. Your body is losing density and going through intense restructuring.
17. A need to eat often along with what feels like attacks of low blood sugar. Weight gain, especially in the abdominal area. A craving for protein. You are requiring an enormous amount of fuel for this ascension process. Weight gain with an inability to lose it no matter what you do is one of the most typical experiences. Trust that your body knows what it is doing.
18. Experiencing emotional ups and downs; weeping. Our emotions are our outlet for release, and we are releasing a lot.
19. A wanting to go Home, as if everything is over and you don't belong here anymore. We are returning to Source. Everything is over, but many of us are staying to experience and create the New World. Also, our old plans for coming have been completed.
20. Feeling you are going insane, or must be developing a mental illness of some sort. You are rapidly experiencing several dimensions and greatly opening. Much is available to you now. You are just not used to it. Your awareness has been heightened and your barriers are gone. This will pass and you will eventually feel very at Home like you have never felt before, as Home is now here.
21. Anxiety and panic. Your ego is losing much of itself and is afraid. Your system is also on overload. Things are happening to you that you may not understand. You are also losing behaviour patterns of a lower vibration that you developed for survival in 3D. This may make you feel vulnerable and powerless. These patterns and behaviours you are losing are not needed in the higher realms. This will pass and you will eventually feel so much love, safety and unity. Just wait.
22. Depression. The outer world may not be in alignment with the New, higher vibrational you. It doesn't feel so good out there. You are also releasing lower, darker energies and you are 'seeing' through them. Hang in there.

23. Vivid, wild and sometimes violent dreams. You are releasing many, many lifetimes of lower vibrational energy. Many are now reporting that they are experiencing beautiful dreams. Your dream state will eventually improve and you will enjoy it again. Some experience this releasing while awake. My mother commented one day that she believed I was having nightmares in the daytime.

24. Night sweats and hot flashes. Your body is 'heating' up as it burns off residue.

25. Your plans suddenly change in mid-stream and go in a completely different direction. Your soul is balancing out your energy. It usually feels great in this new direction, as your soul knows more than you do. It is breaking your 'rut' choices and vibration.

26. You have created a situation that seems like your worst nightmare, with many 'worst nightmare' aspects to it. Your soul is guiding you into 'stretching' into aspects of yourself where you were lacking, or into 'toning down' aspects where you had an overabundance. Your energy is just balancing itself. Finding your way to peace through this situation is the test you have set up for yourself. This is your journey, and your soul would not have set it up if you weren't ready. You are the one who finds your way out and you will. Looking back, you will have gratitude for the experience and be a different person.

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Note: Of course, not all of these symptoms can be attributed to the Ascension Process. Please follow your own inner guidance and consult a health care professional as needed.