

THE ASCENSION PROGRAM

This ascension program is an in-depth curriculum or plan on how to go through the ascension process. We are all beginning our journeys at different points, and we all have different needs and/or resonate with the different things. Use this guide as your way of knowing where you are beginning on your journey and how to focus your energy towards your highest path of healing and moving through the ascension process.

Each stage holds different energies, different lessons and awarenesses, and different focuses.

Some of these stages may be occurring simultaneously or in different orders. The most important thing to remember is that our journeys will never be completed, we will always be in a constant state of evolution and expansion. However, once we reach a certain level of awareness, our transformations will be more organic and most of our insights will come from within rather than from the external.

Along with this program you can also utilize our other free resources to assist you on your journey such as the Ascension Guide, Ascension Road Map, Grief Guide, EGO Death Ceremony & Breaking Through the EGO Workbook. You can also access our library of resources for various topics and industries, including a 5D Healing Guide, Agriculture & Growing Guide, Truth & Transparency Code, 5D Building Code, etc., created by our New Earth Transitional Government Councils:

<https://www.newearthtransitionalgovernment.org/>

Our Ascension Roadmap also includes our list of resources to utilize along your path that you can participate in, to fast track your ascension, such as our Daily Disclosure Show, Mother Earth's Crystal Schools, Return to Innocence Project workshops, & our monthly workshop seminars on higher consciousness topics:

<https://www.5dfulldisclosure.org/>

If you would like one-on-one assistance through sessions, please book a session with us on our website. If you are seeking mentoring or a higher level of training in order to fulfill your purpose or soul contract, please email us:

5Dfulldisclosure@gmail.com

THE 4 STAGES

The 4 stages of the awakening process often occur simultaneously or in a non-linear order, however, there will always be a focus on one stage or another as we move through the process. Often, we will repeat stages as deeper layers unfold. The 4 stages are as follows:

- The Physical Healing Stage
- The Emotional Healing Stage
- The Mental Healing Stage
- The Spiritual Healing Stage

When we are first moving through the stages, a large part of our journey will be focused on learning and integrating a lot of information at once. This takes time to absorb, feel into and begin putting healing tools into practice. Once we have begun moving through these stages, applying the tools & techniques and feeling into how this information resonates with us, we begin really doing the energetic work of dissolving our programming and activating our higher self.

Once we have moved through these stages a few times, we will be arriving at deeper and deeper layers of ourselves to heal, and parts of our old self to let go of. When we reach this point, our roles will shift into an active participation role. We are all meant to participate in this ascension process, and this means we do not just continue to consume information or knowledge, but we now begin to discover our piece of the puzzle in passing this information on and serving as a guide for others. This eventually leads us into our mastery and our soul contract fulfillment.

For most beings who are just beginning the awakening process, no matter what stage you find yourself beginning at, there is always the death and rebirth process. This first death process is often referred to as the Dark Night of the Soul. Once we begin to awaken and unravel the truth, our entire identity, sources of attachment, belief systems, and what we thought we knew, begins to dissolve. Once you awaken, you can never go back to sleep. You may feel you are moving backwards from time to time, but you are always truly moving forward. Whatever no longer resonates with your awakening Self will begin to dissolve and get pulled from your life. This often feels very painful and jarring and is the most challenging part of the spiritual journey.

When you make it through these tests and challenges, you begin to consciously create a new reality for yourself. There will continue to be tests and lessons in your external world, as this is the quickest way we learn and also resolve any past karma. Karma simply means unlearned lessons. All of our incarnations begin to converge into the present moment of now, and all past karmic lessons must be mastered. When we can embrace, accept and allow this, we move through the tests much easier. This part of the journey is preparing us with the strength, dedication, and perseverance.

Many parts of this journey will feel very painful, raw and overwhelming. Once you begin the journey you truly have to commit yourself to it. Every being will have a certain path, and all of our levels of responsibility will vary in our soul contracts. This can range from those that wake up and serve the role of a teacher, sharing wisdom with others. There may be those that simply spread love, compassion and kindness in their daily lives and their role is to hold space for others to heal. There are those that will be called to leadership positions of some kind and will be integrating 5D concepts into their 3D roles. Then there will be those who take the very specific path of the master.

The masters are part of the 144,000 and these souls have specific contracts. If you feel resonance with being part of the 144,000 it simply means that you have extensive experience incarnating into this realm, you are an old soul who has the spiritual strength to take on a larger contract. For these beings, the path often diverges completely away from 3D. We often feel guided to leave our relationships, family, jobs, etc., and pursue the path of isolation, leaps of faith, and dedication. If you feel this particular path is for you, you will need to dedicate 150% to the journey, nothing less will do. It's also perfect if this does not resonate with you, as every being's role is so unique and perfect, as we are all a piece of the massive cosmic puzzle.

The most important part of this journey is to remember that nothing is personal. We are not separate selves but all fractals of the same Source. We are all inter-connected through unity consciousness, and therefore, nothing that happens to us or for us, is ever personal. We are all just energy reflecting back to each other. Let go of trying to "figure it out". This ascension is so multi-dimensional you will never be able to figure it out with the lower mind. Only the heart can comprehend this process and this will be your guide.

Laughter is your best medicine, especially when you reach the rough and overwhelming parts of your journey. We are all actors in this cosmic play, playing different roles that are important for the unfolding of the plot, the movie. Remember to love everyone and honor them for their role, even those playing the Dark role or the deep sleeper role.

Without those reflections, we would never wake or see deeper parts of ourselves. The deep sleepers have agreed to stay asleep until the 11th hour, and thus they are playing out their role right until the end. They are teaching us patience, compassion, reflection, accountability, etc. We are ensuring that we are healing and raising our consciousness enough so that when the deep sleepers do wake up, we are there with open arms to assist them. This is the divine balance of this unfoldment.

The more we can remain non-attached and remember that the only change we can focus on is within ourselves, the easier this transition. There are always deeper levels of understanding and compassion that we can reach. The more we focus on our inner selves rather than externalizing, the faster we will move up the ladder of ascension. However, there is no rush and being patient with yourself and your process is key. Everything is part of the divine plan and divine timing, and the more we surrender to that, the grander our journeys will be.

PHYSICAL HEALING STAGE

The physical healing stage is the first stage for many, however this stage will come up again and again as you move through the process. If this is your starting point, then your focus is on any pain, illness, disease or ailment your body is currently experiencing. Those who are in this physical healing will need to focus on this first, as the density of the body will not allow for higher frequency energies to be anchored in until the vessel is cleared.

The first thing you must do is to pinpoint the areas of your body which are experiencing the pain, illness, or disease. Every part of the body will correlate to one of the chakras. When the chakras are damaged or blocked due to trauma, wounding, or toxins, it creates disease or pain. In order to truly heal, we must identify the energetic root cause of the problem.

If you would like a full breakdown of the various ailments and their corresponding energetic, please see our 5D Healing Guide at newearthtransitionarygovernment.org. Once you identify the underlying energetics, you can begin to integrate the emotional healing stage. These will run simultaneously. Our bodies take on so much during this ascension process, we have to be very nurturing and patient with our vessels.

Here are the basic ascension tools for physical healing that can be utilized to heal almost every illness or disease:

- One spoonful of coconut oil per day
 - Turmeric
- Garlic Cleanse (7 cloves for 7 days)
- Water which has been prayed over and blessed
 - Sun Gazing
- Placing your feet on the ground for 20 minutes per day
- 45 minutes of movement per day (walking, running, dancing, yoga, etc.)
- Deep breathing (in through the nose, out through the mouth)
- Visualizing the golden, emerald, violet, rainbow flame engulfing and healing your body and brain
 - Meditation
 - Plasma Technology
- Transmuting your food & beverages through intention

Once you begin to understand how your emotions and thoughts effect your body, you will begin to experience the effects of emotional inner work and positive higher thoughts. Our bodies are a reflection of our consciousness. Our frequency is the biggest source of healing that we have. If we look at the vibrational scale, anything under 200 is a life draining frequency. This means that if you are in a vibration of under 200, you will be draining your physical life force and then will have to take energy from the external.

Our bodies are physical med beds, we are quantum technology embodied in physical vessels. Our bodies have the divine intelligence of healing, and only when they are not interfered with through lower vibrations, they can function at optimal levels. At this stage you should get very familiar with the vibrational scale, which will help you identify what your average vibration per day is. Life draining frequencies under 200 include shame, guilt, anger, pride, fear, worry, arrogance, etc. Dissolving these frequencies will be part of your emotional healing stage that will often run simultaneously to this one.

The other way we assist our bodies in healing is through our awareness of what we are putting into our bodies. There are a lot of belief systems in the world about food, alcohol, tobacco, etc., that actually creates more density to the body. Firstly, organic foods especially fruits and vegetables are great for the body. The body can easily absorb these foods and turn them into high frequency energy. The more toxic foods we give our body, the more work the body has to dedicate to processing it. If you are struggling with your physical health, you will need to make some lifestyle changes to give your body the best chance of purging and releasing the density. However, we do NOT advocate for diets or belief systems about “bad” food. There is a divine balance to it all. Any and all food, even junk food or fast food, can be transmuted into a higher frequency by praying over it with intention. Do not restrict yourself to any diets or beliefs about what you can and cannot eat. Listen to your body and allow it have what it is asking for, with no judgement about what that is. Put intention and love into the food which will reverse any negative effects. With that being said, if you are suffering from illness and disease, its best to focus on purely organic and fresh foods while your body is healing, and later integrating other foods.

Try and eat organic or fresh foods as much as possible. This includes fruits, vegetables, whole grains, fish, and red meat. Many belief systems out there believe that meat is “bad” for you and should be cut out of the human diet. This is false. Animals have a specific contract here on Earth to hold the frequencies of unconditional love, and to provide us food that is essential for our healing process. Creation does not make mistakes, and there is a higher purpose for the animals being here on Earth. Although lower frequencies such as violence and greed have been dumped into the animals and the production of meat, these will no longer exist in the ascension transition. Red meat is essential for the healing of the brain and provides necessary enzymes for the body’s healing process. Eat red meat as you feel guided to, and follow the pings of your body.

As you become more attuned to your vessel, it will guide you on what it needs for healing. If you are craving a certain food, you must discern whether this is your EGO wanting to fill an emotional void with food, or whether your body actually needs this food. Focus on how your body feels after you eat a particular food, that will tell you whether it was an EGO want or a body's need. Cutting out sugar completely is also a great way to help heal the body. Sugar is a toxin which destroys the brain and the immune system. Sugar is best only in small doses.

Use tools such as coffee and organic tobacco to help keep you grounded in your body during this process. All of the belief systems around these tools come from the mind. ANY tool that comes from a natural resource such as a plant or vegetable, can be used to assist you if you are using it with the right intention, and blessing the tools before using it. The toxins that exist in pharmaceuticals, hard drugs, and imitation food/drinks, are poisons to the body. Energy drinks, fake vegan meat, pills, heroine, vaccines, meth, etc., these are all detrimental to the body. The more of these you have consumed, the more purging your body will do, however, the body is very capable of healing itself if it allowed to. The body craves nurturing and the more self-care you can give yourself, the more the body will respond.

Getting in touch with nature and the elements is also key for your healing. Sun gazing, placing your feet on the ground, spending moments in meditation, listening to music, stretching, taking walks, drinking water, these are all simple disciplines that show the body love. Remember the physical bodies are an extension of the body we live on, Planet Earth. The way we treat the Earth is a reflection of how we treat ourselves. Focus on your connection to plants, animals, trees, oceans, crystals, etc., to allow the natural and organic ways of healing to occur.

Every natural mineral and element has a purpose, and we are only just discovering the amazing healing benefits of all that nature provides us. Spend time doing research and experimenting with different things to see what works best for your body. Each vessel is unique and will tell you what it requires. Be open to trying anything that resonates for you, whether this be visualizing healing meditations, herbal and holistic healing tools, breathing and movement healing such as yoga/qi gong, or trying physical healing tools such as plasma, crystals, or animal therapy.

Remember that ALL of the belief systems about the body are not true. The human mind can never truly understand the workings of the human vessel because the human vessel is a quantum body run on divine intelligence. The mind can only understand things based on the past, or things that have a black and white answer, which the body will never fit into a black and white model. Therefore, most of the "medicine" we currently have in our medical field is based on the past, and on a very limited understanding of the body. We can see how this manifests with the pharmaceutical industry. This industry was created literally to keep the bodies sick so that the medical industry would boom financially. Healed people don't make the system money. Doctors and hospitals ruthlessly push these medications, and many of them truly think they are beneficial, and they work. If doctors truly understood energy and the divine intelligence of the body, they would never recommend pharmaceuticals as a solution.

Taking back the power of your own healing is key to taking back your sovereignty. You have to know and feel that you are a powerful healer, your body is a natural healer, and that you have the ability to cure yourself of anything. Since all illness and disease are based on energy, as you heal yourself you also help heal that collective energy as well as your family DNA line, who carry the same energetic density as you do.

We recommend the following suggestions if you are in this healing phase and are looking for more in-depth training on your self-healing journey:

-Quantum Healing Sessions: these sessions work with your unique energetics and physical ailments. We will create a custom healing plan for you and give you insight into the main energetics to focus on transforming and releasing.

-5D Healing Guide: this guide has in depth recommendations for anyone healing any type of disease or illness.



EMOTIONAL HEALING STAGE

The emotional healing stage will often run simultaneously throughout your process but will always come back around in layers. Our emotional bodies are so damaged from trauma, wounding, and programming. Most of us were never taught how to process our emotions, let them go, and to heal them, so since childhood we have essentially been stuffing down our emotions or clinging onto them and attaching to them.

All pain, illness, or disease has an emotional component. Many of the lower emotions that effect our body can be inherited through the DNA which is why infants can be born with things like asthma, cancer, autism, etc. These are a mix of emotional traumas that are inherited and/or toxins that are passed from the Mother to child.

Working through our emotional bodies and clearing out density is a very intense process. For most of us, we can feel very overwhelmed at the depth of emotional pain we are actually holding. The key with this stage is to not take anything personally, and to be non-attached.

We have to remember that all of those who have “hurt” us, were playing a role for us to wake up, heal our wounds, and to take on transformation for the collective. All lower emotions stem from us taking this personally and being attached to who we think we are, our identity construct. Many have experienced abuse, neglect, abandonment, betrayal, judgment. We internalize these experiences and experience anger, resentment, guilt, shame, and self-hatred.

Understanding that you as a soul committed to coming here to Earth, many times, in order to heal collective karma. You begin to see life as one big drama or play just playing out for us to see. All of humanity is wounded, thus we recreate wounds and we instill wounds in our children. There is no blame, no judgment or punishment for this. However, there is the responsibility to heal it as our part of the ascension process.

The biggest challenge within this phase is unpacking all of the layers of trauma and wounding that we hold. Most of this will stem from childhood and then you will see how these wounds and fears re-created themselves through your later experiences. Most children develop their emotional bodies around the ages of 7-14. This is when children and teenagers become “over emotional”, reclusive, angry, rebellious, etc. It is because their emotional body is beginning to show the trauma and wounds, both from their DNA and their childhood experiences. They are not taught how to express this, process it, or heal it, so it all gets stored in the emotional body.

It is not until we consciously choose to unravel these wounds do they begin to release. Most beings avoid this their entire lives because the pain and depth of the emotions are often too much for them to handle. This really comes from judgement. There is an ancestral fear within us to look at our pain, because it means we have to feel those feelings of anger, guilt, and shame and we do not wish to feel that. That is why most beings never make it through the healing process, because once they get to the painful part, they either shutdown or quit.

Our lack of feeling has been cut off, so we aren't even able to access our emotional bodies anymore. In an effort to fill this void of lack of feeling, we try and use external things like possessions, money, relationships, food, drugs, or sex.

The other scenario that holds us back is when we do begin moving through the traumas and the wounds but have attached so deeply to them, that we hold onto them. Some people spend years in therapy and never really grow, why? Because they are just continuing to think, analyze, and focus on their traumas. They are not truly looking at them as just experiences their soul chose to have and to let them go. They are creating storylines and attaching to the human drama of it all. On the surface level, there is always a story, but on the energetic level its simply an energy that has come to you to transform.

The biggest challenge during these emotional healing stages is to stick with it. Once the wound is triggered, you are going to feel pain and uncomfortable emotions. When you hit this point, remember to use your tools. Deep breathing, cutting out all thought, being non-attached to the emotion, not taking it personally, and to extend forgiveness for yourself, all others, and the experience. Express yourself: cry, scream, break something (safely). Whatever you need to do to let it out and transform it, do that. There is no judgement on how we go through this process.

During this stage your greatest gifts will be rehearting that NOTHING is personal, everything is simply energy. We are all vessels contracted to take on certain experiences, certain triggers and certain programming to transform for the collective. Dig deep within yourself to find your deepest levels of compassion and forgiveness for those that have hurt you, because they too are hurt. Forgiveness ceremonies are very powerful and a great tool to utilize. By writing down everything you wish to forgive, and then burning it, you agree to let go of the energy. This is how you end the karmic cycle.

Grief is another deep emotion that will come up for release. Moving through the 7 stages of grief and seeing where you still have any anger, despair, depression, etc., and simply just accept those emotions. The more we try and change how we feel or "get out of it", the more in resistance we are. Sometimes just accepting the emotions we're feeling, and where we are at in our healing, takes the pressure and judgment off of ourselves and allows the energy to release.

Journaling and automatic writing are also great tools during this stage. Writing down everything and anything that is coming to you will help you process your thoughts and feelings. Focusing on inner stillness through this process and also utilizing meditation, will help bring a deep sense of peace within your being. If you struggle to sit still or constantly find yourself in distraction, this is a sign that your emotional body is extremely damaged. The mind does not want you to sit still because as soon as you are still, not distracted and not in thought, the buried emotions begin to surface which makes you feel fidgety and uncomfortable. Keep practicing stillness and you will find amazing healing within that.

Tools for Emotional Healing

- Candles, room sprays, incense, and sage
 - Working with crystals
 - Journaling
- Doing things that bring you joy and peace
 - Stillness and meditation
 - Deep breathing
 - Listening to Music
 - Creating Art
- Nurturing your body with foods that bring you joy
 - Showers, pools, oceans, etc., (water therapy)
- Using sacred tools such as marijuana or alcohol for processing
- Accessing your inner child and focusing on play/creating

During this stage we recommend the following tools to assist you if you wish to take your journey of emotional healing deeper:

- Book a Grief Session: in these sessions we will take you through a life review meditation as well as focus on specific traumas or wounds that need to be worked through
- Grief Guide: you can access our grief guide on our website's free resources which assists you in all the stages of grief
- Enroll in the Crystal Schools: our crystal school memberships provide everything from guides, to curriculums, master classes, workshops and courses, all to assist you in accessing your inner child as well as transforming energy and becoming your higher self.
- Healing the Inner Child Guides: Access our healing the inner child guide on our website.

MENTAL HEALING STAGE

For many this stage occurs after the physical and emotional healing have begun, however, if the mind and/or mental illness is a struggle for you, then this may be one of your first stages. If you have a damaged mental body, you will experience anxiety, depression, fears, paranoia, thought loops, and lower perceptions. If you experience frequent headaches, migraines, or eye pressure, anxiety in the body, then the mental body is stressed and filled with density.

The mental healing stage can be challenging, due to how deeply we are in the EGO mind and how programmed we have become to attach to our thoughts. In this stage what we are de-programming is the lower thought system. Lower thoughts are any thought that does not bring you joy or inspiration. During this phase, your focus is on understanding the EGO programming and how this effects your thoughts and actions. Please reference our Breaking Through the EGO workbook to get an in depth understanding of each programming and how it presents itself.

The basis of the EGO is belief systems. Belief systems are illusionary thoughts that we believe are true, but are not, and thus we create a construct and perspective of the world through this lense of belief systems. All lower thoughts stem from fear. Fear is the root of all pain and suffering, and these come through each and every programming.

When we are in the mind, and our mental body is fragmented, damaged, or blocked, it creates distorted thoughts and perceptions. These manifest as judgements, opinions, belief systems, assumptions and mental anxiety. We can see the manifestation of this within the collective as rising levels of mental illness. Mental illness is nothing more than a severely damaged or imbalanced mental body, and truly, all of humanity is mentally ill because they are in the mind.

The brain and the mind are two separate things. The brain is the organ and plays a critical role in divine intelligence, intuition, and creative inspiration. The mind however, is a program, similar to a virus running on your computer, which hijacks and takes over the brains functions. The Dark wanted to ensure that all of humanity was mentally ill, which is also why we have been poisoned through our water, air, food, medicine, drugs etc., all to further damage the brain and ensure that we would never have a fully functioning brain.

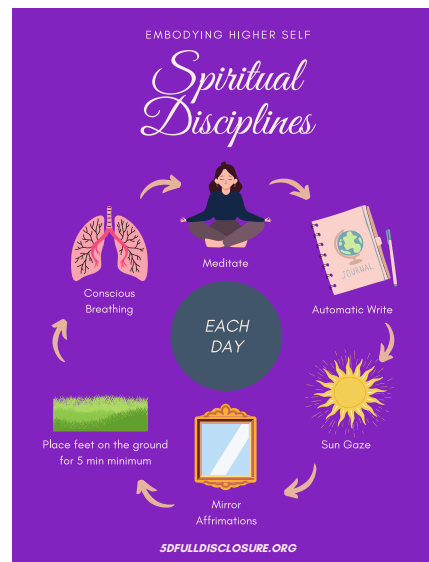
When you begin to dissolve the mind's programming, your brain begins to activate its dormant parts, specifically the right brain. The right brain is our connection to Source, our divine intuition, divine intelligence, and God consciousness (the feminine aspect of the brain). The left brain is the masculine aspect of the brain which was hijacked by the mind which keeps us in logical, analytics and reasoning. These on their own are not "bad", but without the balance of the right brain, they are extremely destructive.

What has occurred, is that the left brain is the only side truly functioning as most of the right brain is not activated. This is why we have split hemispheres of the brain, because the Dark manipulated our DNA to sever the brain. In 5D, we will have 100% usage of our full brain. We over analyze and rely so heavily on our masculine logic and reasoning, we can only see things in black and white, right and wrong, good or bad. In truth, nothing in the Universe exists in duality like that, only Earth because we have manifested a black and white reality for ourselves based on our minds need to categorize and analyze them. As soon as we judge something as "good" or "bad", "right" or "wrong", we are in the mind. A clear mental body holds no judgement and no opinions, because it knows that all wisdom lies in the heart. It sees the higher perspective, that everything exists to show us something, and everything is part of the Divine Plan. The healed mental body allows in only divine thoughts, not lower thoughts, and thus begins to create a different reality.

In order to heal the mental body, use the mantra “I don’t know shit”, this will help delete thoughts that convince you that something is true, that is not. Cutting chords as soon as you begin having lower thoughts and replace them with higher thoughts such as “I am divine”, “I am love”, “I am worthy.” During this phase it’s important to be very disciplined with your spiritual tools.

The following tools are vital for this phase:

- Cutting chords with all thoughts
- “I cut chords with everyone and everything and all events, I re-attach all my energetic chords to everything whole, pure, true and in resonance with love.”
- Use mirror affirmations everyday using 20 of your favorite “ I AM” affirmations
- Meditation and stillness without thoughts
- Make no assumptions
- See the higher perspective in all things
- Focusing on activating the right brain and visualizing
- Always ask your angels for confirms and synchronicities on what is true



During the mental healing phase we recommend the following:

- Utilizing our EGO death ceremony guide to assist you with letting go of belief systems and lower thoughts.
- Breaking Through the EGO Workbook: this free resource provides an in depth understanding of the EGO mind and the programmings, as well as how they present themselves in each being. The more aware you become of how your EGO creates your lower thoughts and reactions, the more you can master them.

-Booking a Session: we recommend booking a session once you have stabilized your physical and emotional vessel. The sessions are super upgrades to your system & brain.

-Subscribe to our Daily Disclosure Show: our subscription-based show focuses on what's going on within the collective consciousness, how to focus on the higher energetics of what is playing out, and what is currently healing within the consciousness. During this mental healing stage you can start to absorb more information and begin to see the illusions within yourself and your reality.

-Join a Workshop: We host monthly workshops on our site on various topics and themes. We typically feel into what the collective is currently experiencing and focus on healing that consciousness during the workshop, as well as share insights and information to level up and expand your awareness.

SPIRITUAL HEALING STAGE

This stage often occurs last or will come in once the mental body has been healed. The reason is that if the mental body is damaged, or a being is still heavily in the mind, they cannot connect to their hearts and feel the truths of higher consciousness. If you attempt to understand and comprehend spirituality and energy when your mental body is still unhealed, it will result in Spiritual or Super EGO.

The biggest blocks to spiritual healing are religious belief systems, and our deep wound of separation from God, the Divine Mother. All humans have a separation from Source because we enter into physicality with an amnesia and we forget we are all fractals of Source. We then are ingrained with religious belief systems. The Dark purposely flipped the concept of the true God, which is Mother of All Creation. Source is a feminine essence, as the feminine energy creates and births things into existence. Father of All Creation, the masculine part of God, is the structure for the feminine creator energy. The masculine are the containers and manifesters of the Source energy.

The Dark created an external, masculine God that was outside of us. That is because masculine or yang energy represents the external, the manifestation of an energy. However, the image of God was always missing the feminine aspect, the Mother, the bringer of life. Their image of God was empty, it had no Spirit in it, it was just a container or an image. This created a deep distortion within our spiritual bodies as all of us are craving our connection back with God. Many claimed to have found that connection within religion and connection to a masculine God, yet they have deep spiritual wounds and still are holding onto a lot of rules, regulations, belief systems, and judgements, because they are missing the feminine piece.

During this phase, it's about letting go of everything you think you know about God, and to connect with the Mother aspect, Mother God. If this triggers something within you, reflect on what Mother/Feminine wounds you have or the suppression of your own inner feminine. Feel into how this opens up your connection and sparks you to heal your wound of separation from God. This is how we bring in balanced harmonics.

The other part of the spiritual healing phase is reflecting on how you are out of balance internally. Masculine are meant to be 51% masculine and 49% feminine, while feminine are 51% feminine and 49% masculine.

Look at the divine traits listed in the Ascension Guide and see which ones you are lacking. The feminine aspects are the receiving, intuition, compassion, receptivity, responding, etc., while the masculine aspects are courage, integrity, discipline, action. Focus on strengthening the aspects that you have not fully integrated and pushing yourself to come into a greater inner balance.

During this phase is often when you will begin to understand what your role is and your purpose here on Earth. You may begin to get downloads and a greater connection to your angels through synchronicities and messages. This is the higher-self activating. During this phase, automatic writing will be your greatest tool. Automatic writing is when you sit down with no thoughts, and you ask your angels and Higher Self to please share any wisdom or information with you. You write down anything that comes to you without second guessing yourself or doubting what is coming through. Trust that whatever is coming is meant for you. You can also connect with Source, Mother, during these moments and ask for her to share anything with you.

Spiritual disciplines are essential during this phase as well. When the spiritual body begins to heal, you will begin to start integrating lost soul fragments of yourself. You may have flashbacks of past lives or feel that a certain essence is coming to you to embody. To avoid spiritual EGO, simply write down whatever is coming to you and then let it go. If the idea or thought comes back to you 3x, or you receive 3 confirms, then you know it's real. It's important we do not attach to the past or who we think we are, all that is important is that it's giving us a piece of ourselves back to integrate.

The greatest hijack that occurs during the spiritual healing phase, is lightworker syndrome. This is the belief that now that you have accessed higher levels of consciousness and may have some new gifts and insights coming to you, that you are above others or you know more than others. Always remember that everyone is playing a role, and our evolution is never ending. The completion of this stage never ends, as we are constantly coming to new awareness and new pieces of information that resonate with us. Do not hold onto or attach to any information during this healing phase.

During this phase, you may feel guided to begin shifting into your role of service to others. This is the path to full spiritual healing which is to be in service to the greater good. Get in touch with what really brings you joy, and what your gifts are, and share those with the world. Detach from needing validation, or external guidance, and commit to following your heart and trusting your intuition.

As you develop a closer relationship with Source and your higher self, you will begin to be guided on the next steps of your path. This is where things get uncomfortable. The lightworker syndrome convinces many that they can have the spiritual path while also having the comfortable path. This is not true. Spiritual healing is all about stepping into love and the unknown, the only two energies in existence.

Part of the healing is to fully anchor in trust for yourself, Source, and the divine plan. You may be guided to leave your job, family, relationship, living situation, etc., in order to step into a higher place of growth. This isn't always the case, but you will know if it applies to you because you will begin feeling as if nothing resonates with you and you will feel the urge to follow your heart into your next phase.

During the spiritual healing phase we recommend the following:

- Become an Ambassador: if you are seeking to raise your level of service to humanity, become an Ascension Ambassador where you can connect with others who are on the same path and further your spiritual training.
- Apply to the New Earth Transitional Government: Becoming a part of the NETG means you will be collaborating with others on different councils to better educate Humanity for the transition and you will be responsible for focusing on your higher-self embodiment.