



## Ascension Symptoms Keys to Notice

1) Heart chakra opening (pain in the heart center of the chest, feeling like a balloon popping up and expanding beyond your physical body).

2) More grounding and Kundalini activation (you are in a shower/tube of light, or filled with love, or electricity of high frequency) and you feel your foot chakras active, it kind feel like being less grounded, like light and empty. It kind feels like smoke or liquid is emanating from your foot and legs.

In any case of doubt think: "I am God, I AM that I AM. God please give me unconditionally all the Divine tools that I need for my highest good and greatest good. Amen."

3) A very active heart chakra. It's like receiving attunements for apparently no reason and in a much more intense and longer fashion and your heart chakra becomes real, you can feel it physically, but less dense of course.

4) Crown chakra eventually too. But at the beginning, it is merging with your soul and the dimension of unconditional love, of the heart. So it is a focus on the heart, and hands and foot to anchor your soul and ground it.

An ascended master of oneness (remember you come to Earth as a human ascended master of the 3D) is just an unconditional positive being. Big smile in the heart, on the face, in the life, the universe.

The soul naturally comes back as you smile to everyone, to the whole you. this is the wisdom of mantra in motion : you become what you focus on. Energy follow the thought say some folks, or the intention/feeling if you use use heart instead of the mind. Focus on love and remember you are God and everyone is God too. And let your Life reveal it to you.

You are a Divine being living in God. Allow God is real and God is everything. You are tested, you've learned all the the will can do, now you are becoming to remember and learn all the Love is, in Oneness to enjoy the only reality that Heaven is everything, everywhere.

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