

THE TWELVE PHASES OF ASCENSION

By Nicolya Christi

The ascension process is a psycho-spiritual phenomenon that revolves around twelve 'awakening' phases. Some may move through these in linear and sequential stages, whereas others may experience them non-sequentially and simultaneously. Ultimately, each stage must be integrated within the Self. The twelve phases are based on my own deeply experienced insights along with channelled information, and also include some illuminating additions from Tashira Tachi-ren and Jasmuheen.

PHASE ONE –

You may experience short or prolonged bouts of debilitating exhaustion. Strong reactions to intense solar and galactic energies can result in random, transitory or intense physical symptoms - (check the list at the end of this section). Mild symptoms can be indicative of nearing the completion of a phase, or might suggest you are about to enter it. Intense symptoms point to one of two possibilities - a deep and/or rapid purging of ancient/historical stories stored at cellular and soulular level, or a breakthrough in unconscious resistance to the awakening process. If you are not implementing the necessary changes in your life that any given phase requires, you may find yourself unable to move through the physical symptoms. In this case it would be conducive to seek the support of a reputable psycho-spiritual practitioner/body-energy worker.

PHASE TWO –

Phase two is marked by what appears to be mild flu symptoms as well as extreme bouts of tiredness and physical weakness. Muscles ache and energy supply to the limbs feels blocked as the life force is needed elsewhere within the physical-energetic system. You may wonder if you have conditions such as Fibromyalgia, Adrenal Burnout, or ME, which closely mimic ascension symptoms. In such cases it is wise to get checked over by a GP. Similar symptoms to Phase One remain only these may be more acute. At times you can feel disoriented. Karma will begin to spontaneously release through the body. You may find yourself experiencing an existential crisis as you deeply contemplate and re-evaluate your life. Nausea and dizziness are common as higher-

dimensional frequencies and solar and galactic energies continue to download into the 'Lightbody'. You may experience a 'spinning' sensation as the emotional and mental bodies and chakra system process the necessary physical-energetic adjustments. Rapid changes begin to occur in all areas of your life. You will have embraced vegetarianism at this stage.

PHASE THREE –

Your senses are refining and your perception, intuition and capacity for gnosis become more finely tuned as your physical and energy bodies entrain and align with higher vibrational forces. Intense symptoms remain and exhaustion can be common but will begin to lift for longer periods of time. Physical strength begins to return. Lucid dreams, OBE's and 'psychic' phenomena are more likely to be experienced from this stage onwards. This is the Phase when you begin to master the physical body.

PHASE FOUR –

As a result of the tremendous chemical and electromagnetic changes taking place within your brain, you may suffer from headaches, blurred vision, weakened eyesight, or hearing difficulties as vision and hearing are 'retuned' in order to pick up the more subtle messages and tones informing the psyche and/or activating dormant 'seeds' of awakening. Energy levels can remain a challenge during Phase Four. You might experience mild chest pains, bronchial infections, cardiac arrhythmias, increased pulse rate and/or higher or lower blood pressure as the heart chakra begins to open more fully and expand. (**Be sure to check any symptoms with the appropriate medical tests that often transpire to produce entirely 'normal' results*). During this Phase, you might also begin to experience an inexplicable compulsion to follow your heart, the seat of the soul, without question. Greater emphasis is placed on the purifying of your physical, emotional and mental bodies, and your energetic field. Your dietary choices change and you will eliminate stimulants such as tobacco and alcohol. You transcend the need for psychotropics. You might also become free of a prior need/necessity for pharmaceuticals. You will most likely have adopted a vegan lifestyle at this stage. This is the phase where you begin to master the emotional body.

PHASE FIVE –

During this Phase, the mental body begins to acquiesce to the wisdom of the heart and soul, from which it takes its primary directives. Lucid dreams, and déjà vu become increasingly frequent. Your thinking is now more non-linear. You begin to unhook from 3D conditioning and mentality. Deprogramming from old thought patterns occurs exponentially as you begin to step out of the matrix and anchor into the ‘heart grid’ and ‘light matrices’ that overlay the Earth. You shift from ‘reaction’ (personality/ego/adapted self) to ‘response’ (healed and integrated ego, Authentic Self). You also prioritise ‘BEing’ over ‘doing’. During this Phase you begin to master the mental body.

PHASE SIX –

You attract those of similar vibration into your life. Many old friendships and contacts fall away as you have simply outgrown them in the process of manifesting like-minded/heart connected soul family and friends. You re-evaluate your life; including relationships, home, environment, and lifestyle preferences. You become aware of an increasing compulsion to fully release the past and write a new life story. You relinquish the scripts handed to you by others or your ancestors. You move back and forth between clinging to the old comfort zones and letting these go. Fears will still surface but you are more able to view them as unfounded and rise above them. You feel elevated, lighter and freer. At this stage, your body is capable of holding thirty-five percent light. Predominantly living by your intuition feels more natural now. You enter into the process of *transcending* the emotional body and locating in the realm of *pure feeling*.

PHASE SEVEN –

The heart chakra further opens and expands. You live more and more from your heart, your soul, and your True Self. You are releasing deeper levels of emotional residues as you continue to transcend the emotional field in ways that maintain harmony within you and with others. You take full responsibility for your emotional ‘reactions’ and begin to experience a new lightness of being as your emotions become healed and you move into the vast and liberating expanse of pure feeling. You lose your emotional attachment to others and preferred outcomes, as you begin to embrace a modus operandi of ‘non-attachment. Headaches may continue to occur because of pressure on the pituitary and pineal glands as they

further open and expand: This could disrupt sleep patterns and you may find that you are barely sleeping for weeks on end but functioning surprisingly well. You could be awake for nights on end and then sleep for anything up to eighteen hours without waking. Your relationship with Spirit deepens and you become increasingly aware of Spirit Beings working with you and walking beside you. You focus on creating a new experience of your life. You eat less and now prefer lighter (Light infused) foods. You drink water in preference to other beverages. At this stage, you have refrained from eating or drinking anything that is unnatural or a stimulant.

PHASE EIGHT –

You wish to be purely of Service. The cerebrum - the 'sleeping giant' - within the brain becomes activated. Cranial expansion is common as seed crystals in the brow and recorder crystals in the right side of the brain are activated along with the eighth, ninth and tenth chakras. You are drawn to non-verbal metaphysical languages such as the Language of Light. The pineal and pituitary glands are changing shape and opening more fully to create the '*arc of the covenant*' - a rainbow light that arcs over the top of the head to the third eye; its purpose being to translate intricate and complex high-frequency language and code. Words become a secondary form of communication as you begin to think instead in geometries, tones and the abstract. You become aware of the vastness and multidimensionality of who you really are, and realise that the only person who can limit your true expression as an awakened soul in human form is yourself. You increasingly feel the need for prolonged silence in order to deeply regenerate and more clearly hear the voice of your soul and Spirit. You experience renewed inspiration for Life and begin to view it through the eyes of unconditional love. You cease to operate from obligation and any propensity for people-pleasing has fallen away. Relationships become transparent and transpersonal. Others may feel confused or disoriented around you because your vibration has altered to such an extent that they can no longer hook into your 'personality', as it has been healed and integrated and therefore you are present as pure soul. Your sensitivity and awareness are acutely heightened. You remain fundamentally grounded and serene.

PHASE NINE –

Decoding geometries is easier. Toning is absorbed at a cellular level. Your Consciousness starts to entrain with the 6th dimensional blueprint as it

begins to overlay your 5th dimensional light-body. Your physical body may change shape and colour (e.g.; becomes paler like white porcelain or ivory, more rosy or golden) as shifts occur within your energy fields. You feel connected and interconnected with all life forms and beings. The opinions of others are of no concern to you. You are free. Phase nine brings a greater descension of the Light-body into the physical form. You live as a free spirit on Earth and give fully of yourself as a divine instrument serving the highest good of all. This is the Phase when the extent to which you are aligned with SOURCE defines and determines your life, your income, your relationships - everything. Dissolution of the 3rd dimensional self occurs. You liberate yourself from the ties that bind and the chains of the emotions and lower mind. You are centred in harmony, peace and joy. You disconnect from the consensus reality. The choices you make can seem perplexing to others as at this level of the ascension process you are entirely non-conformist. From the 7th, 8th and 9th levels, your inner-Light is visibly radiating. You feel deeply connected, grounded, centred, and filled with purpose. You remain connected to and operate from SOURCE Consciousness. Your intention and actions remain focused on the highest good of all – however others of a less awakened consciousness will not always understand your motivations. You embody the ‘I Am’. The 7th, 8th and 9th phases are an ongoing unification process of becoming fully connected to the ultimate state of Being in human form - I AM’.

PHASE 10 –

Your human Consciousness has entrained with SOURCE Consciousness. You have transcended the genetic blueprint to that which is divine. Instant manifestation occurs. Bi-location and teleporting (reference my latest book to be published in Spring 2021) enter the realms of possibility. The Merkabah (another name for the Lightbody) allows you to experience your multi-dimensionality and travel through multi-realities simultaneously. This is the Phase where the individual has transcended the 3D templates of ‘age’ and ‘gender identification’ as they evolve towards embodying a state of androgyny.

PHASE 11 –

The Lightbody is predominantly active and is connected to your physical body via 'spin points'. These are positioned within the ‘Light-Grid’ that overlays the acupuncture meridians of the physical body and Earth, and

are composed of lines of light intersecting in intricate and intelligent geometries. These 'spin points' and 'lines' correlate with both physical and non-physical chakras located within the luminous energy field (aura), which are responsible for the operation of the 5th dimensional circulatory system of Light. You have transcended collective conditioning. You no longer uphold or support dysfunctional societal systems and their programs 'programs' such as the "aging" of the physical body, which is determined by the messages it receives from the cellular level. Time is no longer linear. You follow only the higher directive of your soul. You have transcended 'old paradigm spirituality' and are instead aligned with the most highly advanced spiritual truth. There is no separation between your Higher Self and Self, for your Higher Purpose and SOURCE connected reality have merged. In this 'frame' of Conscious awareness many 9th Phase beings will create new types of Light-based-technologies along with harmonious new systems of governance, finance and education, equitable food and resource allocation and distribution, evolved models for community living, and enlightened solutions to restore balance to humanity, Nature and the Earth. This is the directive of the Age of Aquarius – a Uranian Age now upon us.

PHASE 12 –

Phase Twelve empowers the *Higher Directive Creation* impulse behind the vision and trajectories of Phases Nine to Eleven. This is when the physical implementation and manifestation of enlightened systems become firmly rooted and established. This phase represents the final initiation of 12th Phase beings; as creators, pioneers, visionaries, trailblazers, initiators and figureheads for the New and Future Earth. Many 12th Phase beings are from the Future and are already here now to sow the seeds of a future awakened epoch. This is the Phase where the Divine Plan for Earth becomes accessible and the vision of an enlightened human race becomes accepted as the 'norm. At this final level of ascension, beings hold 70% Light, and are present as 5th dimensional Consciousness serving multi-universal directives. The ultimate awakened state of *Self-transcendence* has been embodied and the individual has attained the state of super-luminous androgyny. A youthful body is maintained and these beings are perceived as ageless. From a gender perspective they have also transcended the current identification program of 'male/female'. Their physical appearance will still be masculine or feminine but their Consciousness remains gender neutral. Personal will has dissolved and merged with the Higher Will of the Soul and Divine Will.

The Self, Higher Self and Soul are entrained with the Heart of the Cosmos and SOURCE.

Further Ascension Signs/Symptoms

The following is a list of other ascension phenomena you may or may not experience throughout the ascension process.

- An increase in psychic, mediumistic, clairvoyant, and intuitive skills.
- Acute aversion to negative energy, people or environments.
- Extreme sensitivity to being in public places or among groups of people and crowds.
- A preference for becoming more reclusive even though previously sociable.
- Sudden inexplicable anxiety attacks occurring at any time with no valid reason.
- Acute sensitivity to shopping malls or social environments such as restaurants, clubs, festivals, theatres, etc.
- Extreme sensitivity and intolerance to digital and wireless technology as well as artificial lighting.
- Zoning out for long periods (feeling out of it, which you literally are in those moments) – an overpowering need to do nothing as your Consciousness spends increasing amounts of time in the fifth-dimension.
- The need to rest or sleep for much longer periods than usual.
- Prolonged bouts of insomnia either up to or from 3:30 am - a sign of your Consciousness adapting to new cycles of activity and/or receiving new light-codes and galactic/solar downloads.
- Strange electrical sensations coursing through the body or body parts, such as legs or arms due to downloads of galactic frequencies flooding the planet with the purpose of 'rewiring' the circuitry of the physical and

energy bodies, and the Lightbody, in order to withstand and entrain with the incoming higher vibrational energies.

- Numerous physical symptoms caused by the detoxification of the body as it continues to release physical, emotional, mental psychological, karmic and ancestral toxins.

- Dizziness, balance problems, and feeling spacey, triggered by dipping in and out of higher states of Consciousness and/or activity within or in relation to the planets and the etheric poles.

- Increased and decreased appetite. Either putting on or losing weight no matter how much or little you eat, which is due to the effects of the body shifting from third to fifth-dimensional chemistry.

- Transitional symptoms (from 3D-5D consciousness) including shaking, heavy limbs, weakness, high-pitched ringing in ears, heart palpitations, headaches, coughing, compressed/tight chest feeling, sensation of skin tingling or burning; frequent visits to the bathroom to clear through bowel and urination, nausea for several days at a time with no other accompanying symptoms, muscle aches, blurred vision, unclear thinking, exhaustion, washed out looking/pale, changes within the tone of voice as it re-pitches on a deeper or higher scale, skin anomalies such as rashes, sudden dry or red patches, lumps and bumps that appear for a while and then disappear, sweating, overheating, or cold to the extent of not being able to get warm, insomnia, excessive mucus and saliva, etc.

***As a precaution, seek medical advice regarding any symptoms of particular concern in case the cause is one that needs medical attention.*

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