

A book describing our current human and planetary evolutionary process of raising our consciousness, called ascension. Includes a comprehensive list of ascension symptoms, tools for comfort, indications of reaching a higher consciousness, and a detailed description of the process.

The Ascension Primer

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The Ascension Primer

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Introduction

IT IS MY DESIRE that this book will serve to activate within you what you already know. Learning through direct experience is really the only way I know to evolve, grow, and learn anything new. Through experience, we really get it. We feel it, know it, and believe it because we are getting it at all levels. Experience creates a great "aha!" It enables us to finally really know and understand some of what we may have read or heard before. It creates information with a very new and deep meaning as we have then *been* it. Experience creates the state of *being* that many of us are finding to be most certainly a way of the higher realms.

Through experience, we may also find that much of what we have read regarding spiritual matters was simply inaccurate. I have found through my own personal ascension process that the majority of what has been written and taught is absolutely not how it is in the higher realms. This is the beauty of personal experience.

This book is about the ascension process. Beginning in the year 2000, many individuals (which will be referred to here as "lightworkers") began experiencing very intense, strange, unworldly, and uncomprehendable mental, emotional, physical, and spiritual "symptoms" and life occurrences. These occurrences and symptoms may have been experienced in years past in moderation by a very few spiritual seekers, but the year 2000 really accelerated things. Many, many more individuals were involved in the process and the process was unfolding at a very rapid and intense rate.

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Very generally speaking, the ascension process is an evolutionary process that involves the raising of human consciousness, which will result in the creation of a much more highly evolved planet and a much more highly evolved human. As the ascension process continues, the inhabitants of the earth will "ascend" through the human body and return to Source, or the Creator.

The lightworkers were born on the planet Earth at this particular time with a very specific plan in mind. (More details about this plan are included further along in this book.) And although it may at times seem otherwise to them, the lightworkers are the masters here...the stars of the show...the power behind and within the ascension process. They are paving the way for all to follow...here on Earth, as well as within the entire universe. The ascension process, therefore, is a great honor and amazing one-of-a-kind experience. Lightworkers are highly revered throughout the cosmos for their dedication and willingness to have this experience and to serve.

If you are one who has been experiencing strange physical anomalies, do not know who you are looking at in the mirror, feel as though you are having some kind of mental breakdown and may be losing your mind (you are, you know), have lost your job, your friends or your family, or are very simply going through major and rapid transitions, then this book is for you. For anyone going through the ascension process, it is something that our souls will never forget. At soul levels we consider this experience to be a very special addition to our resumé. As physical vessels for using and experiencing energy, which is the purpose for existence, the ascension process, therefore, is an incredible and rare experience for us.

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My wish is that this book will validate for you what you have experienced so far, as well as activating within you what you may not consciously remember...but your soul does! At your deepest levels, may you remember your soul plan as you read the pages of this book.

Wishing you heaven in your heart, starlight in your soul, and miracles in your life during these miraculous times. God bless and happy reading,

Karen

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THE ASCENSION SYMPTOMS

HAVE YOU EVER been in the middle of a compelling conversation and suddenly you could not remember or access the simplest of words or names? Do you find yourself eating several times a day, as your blood sugar levels feel as though they are plummeting? Have you had periods where you could not sleep all night or maybe awakened regularly between 2 and 4 a.m...or also had periods where you slept like a log all night and during the day could not keep your eyelids open?

Or perhaps you intermittently experience overwhelming feelings of no sense of place. Ever looked in the mirror and not know who in the world you are looking at? Have you had periods of time where you have lost all your passion, felt deflated and lethargic, could not muster up the energy to do a thing, and simply did not care anymore?

If you have experienced any of these scenarios, you are most certainly not alone. For most of us, the ascension symptoms are perhaps the most universal, yet at the same time, the most baffling and frightening as well. With no frame of reference for

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what we are experiencing, we may even feel that we are developing some kind of mental disorder, or really losing it. In fact, this is basically true, as we are losing it! We are losing all the denser and lower vibrating aspects of ourselves.

Many times going to a doctor can prove futile as the mainstream medical community has not seen and has no reference for most of these symptoms. The majority of the time, the symptoms eventually go away on their own without any kind of treatment. But there are also times when seeing a doctor can be beneficial as well. And always remember, that not all our strange and uncomfortable physical, mental, and spiritual maladies can be attributed to ascension symptoms. Sometimes a cigar is simply just a cigar.

Although the ascension symptoms vary from individual to individual, many of them are fairly universal. If you are having a strange symptom or experience that is not listed here, you are not alone. Each of us is wired differently and will experience this rapid and intense process according to who we are, how we view things, what we believe, and how connected and open we are to Source and the higher dimensions.

What we believe determines how we run our energy. The filter that we run our energy through, or what we are about, will greatly affect and determine our ascension process. One of the greatest and easiest things we can do to promote a gentler ascension process is to *not take things personally*. This process cannot be avoided. We agreed to it because we knew we could handle it, and we are all in this together. Nothing is attacking you personally. You are not being abandoned, stomped on, ignored, or punished. You have not done anything wrong. You are not a bad person. On the contrary, you are having this experience because of the grand and exquisite

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person that you are! Your bravery, strength, and dedication are very highly revered by every living thing in the universe. This monumental experience of ascension is a unique, powerful, and amazing experience that is paving the way for all others to follow. By breaking the new ground, you are making things much easier for all who come after you. Bless you...as you are truly divine.

And know that as you progress through your ascension process, your inner child and your ego begin to diminish. In this way, the process becomes much, much easier as time goes on. You will arrive at a place, if you haven't already, where you will be able to simply observe what is going on within you from the outside. "Oh, another symptom is here," you may think or "here comes another energy surge!" As the ascension process is so on-going, you will eventually become so familiar with all its' aspects that it is really no big deal anymore. As you hobble around half dead, you get used to it (smile)! And you will come to learn that it will not kill you. You may be dying while you are alive and may feel downright strange and uncomfortable at times, but these feelings always pass. And as we are so gradually moving into all the feel good energy and feel good states of being, things get better and better. In the beginning, our density and the density of the planet is being broken up and moving out. Because it is up and around us, this is all we see and experience for awhile. But it gets better and better... and we have made so much progress already! In the end you will find that it is all worth it.

Generally speaking, our bodies, minds, and spirits are going to higher levels. They are losing their density. In order to "die" or go to a higher dimension where the frequencies are much higher, one has to "fit". You can't put a square peg into a round hole. And you can't squeeze a dense blob of energy

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through a delicate screen. While making this amazing transition into the higher realms while in a physical body, much is taking place as we are transmuting, so to speak. And as we raise our frequencies higher and higher (lighter matter vibrates at a higher rate), we are at times here in this old 3D reality and at times in a higher dimension.

In the higher dimensions, things are very different. We aren't used to being there while we are still inhabiting our old 3D vehicle, with an old 3D mind and way of thinking. And the physical level is always the last to be affected and to change when any kind of change occurs. And *much* change is occurring!

So then, our *bodies* are transmuting and becoming lighter and lighter and purer and purer. This can cause many various physical aches and pains as anything vibrating lower (especially old traumas and injuries or even unbalanced health situations) feel it the most. When the higher energy moves in, and we are receiving higher and higher energy every day, it affects anything that is of a lower vibration. And the lower the vibration, the more it is felt.

Our *minds* are beginning to see new realities and higher ways of being and living through this process. As the layer of density that has clouded our thinking becomes thinner and thinner, it is as if we gain great clarity and insights and can finally see what really is...and at times, we may not know where we are! Through this process, our *emotions* are also affected. When we suddenly begin to *open*, it can be quite dramatic and quite unfamiliar to us. And our *spirits* are becoming closer and closer to Source as we begin to remember what it is all about. Heightened levels of love, compassion,

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and gratitude are some of the aspects of the ascension process that I enjoy the most.

Because we are returning to Source and the original purified version of our souls, much is involved in the undoing process. What an exciting adventure and wild ride it is!

Symptoms, Symptoms, and More Symptoms

Although the ascension process produces many strange and uncomfortable symptoms, I have found it best not to focus on them too much, if at all possible. As most of us know, the more we focus on anything, the more it becomes a part of our reality. And in these New and higher vibrating times we find ourselves in, what we focus upon becomes more real, intense, and much more of our reality than ever before.

The symptoms are listed here so that you can validate your own personal experience and know that you are not alone, not going crazy, and not desperately ill. You are simply morphing into a human angel and higher vibrating being. Without the ascension symptoms, we may never have known for sure that we were truly ascending. Anyone who has not had these experiences themselves could most likely never understand them. But they all have a good reason and purpose along with a higher level explanation. May a giggle or laugh envelope you as you read the pages that follow...

1. *Feeling as if you are in a pressure cooker or in intense energy; feeling stress.* This is one of the first ascension symptoms that a person usually feels. In the beginning, when the energy shifts arrive, they bring with them a New and higher vibration. Old patterns, behaviors, and beliefs are being pushed to the

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surface for release. Feeling all this pressure going on inside of you can feel like great stress or that you are on overload. If you are still in a conventional life with mainstream pressures, this New energy can really add to your pile. You will eventually adjust to this higher vibration and much will be activated for release within you as well. More room inside for more of the higher energy!

2. *Depression.* This symptom is most definitely in the top three and very widely experienced. The ascension process purges so much of the darker and denser energies from us, that we find ourselves *in them* for quite some time. We may feel like things are simply *never* going to get better. And to add insult to injury, the outer world is no longer in alignment with the new higher vibrating you. It doesn't feel so good out there and it may feel like there is nowhere to go that does. Therefore, everything around us feels just plain ugly and icky. And in addition, when we are vibrating higher and have to wait for the outside to manifest itself in a higher way of being, it can feel like it is taking *forever*. Feeling let down and that things will never change are so very common. This is a long process. An upside down reality, world and human are both having to turn rightside up. There is a jewel in the length of the process, though, and a necessary and perfectly intended by-product. We cannot create from the ego. We have to get to a place where we are OK no matter what is going on. Feeling disappointment for what seems like *forever* eventually makes us realize that we will never get anything that we feel we cannot live without. When we learn to detach and release all attachments, we always get precisely what we want. It

is like magic and a very key part of the ascension process to let go of all attachments. When we arrive in this space, we are truly in heaven as absolutely nothing can affect us here and we also get whatever we desire, even though we desire nothing. This is a true symptom of "arriving" and one can only feel total peace from this point on.

3. *Anxiety, panic, and feelings of hysteria.*

When our egos begin to depart, they literally freak out as they do not want to cease to exist. It may feel as if everything is ending (most of everything is!). Your system is also on overload and you may feel as if you are hyperventilating. Things are happening to you that you may not understand. You are also losing behavior patterns of a lower vibration that you developed for survival in 3D. This may make you feel vulnerable and powerless. These patterns and behaviors you are losing are not needed in the higher realms. When we experience death in a 3D world, we can panic and have anxiety as we do not know where we are going. When I went through a big leap, I knew I was "going". My non-physical ascension guide told me to trust and relax, as it was really quite peaceful on the other side. None-the-less, with no frame of reference, it was difficult. Now, I totally trust and go with all of it and it greatly helps. When you finally "arrive" you will eventually feel much love, safety, and unity. Just wait! And also know that others are going where you are going...you are not going alone.

4. *A need to eat often along with what feels like attacks of low blood sugar. A craving for protein.* This is another one of the first symptoms that

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is felt by many. Our bodies are using up an incredible amount of fuel for this process. As we are literally being turned inside out, every ounce of energy we have is being utilized. I have found it best to eat the protein along with being still during this time. These low blood sugar periods come and go for several years, but get much better as our bodies begin adjusting.

5. *Weight gain, especially in the abdominal area.* Weight gain has been experienced and reported by *many*. It's interesting that many of the ascension symptoms greatly mock menopausal symptoms, except that many men are having them too! I have found that the abdominal area is a great protector for the solar plexus. With our internal vibrations beginning to rise, the outside world feels pretty horrendous at times. Whenever I am in the outside world, I notice that my belly seems to expand. There are some who believe that as we reach higher states of consciousness, we get a "Buddha belly". These individuals take great pride in their swollen bellies! (I prefer a flat and trim one, myself...) But all over weight gain is common as well. As we lose more and more of our density, we subconsciously fear that we will disappear and want some extra weight. In addition, this extra weight is very beneficial in keeping us grounded and supports us in processing and holding these New higher vibrations. No matter what you do, from intense and regular exercise to fasting, *this extra weight will not come off* because it is not supposed to. It is here to help us. It took me two years, but I finally got used to it.

6. *Unusual aches and pains throughout different parts of your body.* This is another of the

most common symptoms. Manifesting just about anywhere, this is a sign of purifying and releasing blocked energy that is vibrating at a 3D level while other parts of us are vibrating higher. You may feel pain in various areas of your body for several weeks and then it will simply vanish with no explanation.

7. *Continual neck and upper back stiffness and pain.* We are sprouting angel wings and this is where they are emerging. Sounds a bit crazy or fairy tale-ish, but this is a reality. Our spines are vibrating differently and also connecting to a higher form of light. This area of our body is where it all happens.

8. *Headaches.* It may sound strange, but our heads need to expand to embody a more evolved higher consciousness. Sinus pain is very common as well. Many times, we will experience a great amount of energy arriving through our crown chakras and this can result in lots of pressure in our heads and sinus area.

9. *Allergies.* “If I am evolving so much, why are my allergies getting worse?” you may wonder. When the outside is vibrating much lower than we are, we naturally put up a resistance. Our bodies go into their usual thing that they do when they feel an invader is at large. Ugh!

10. *Skin eruptions and diarrhea.* Acne, rashes and hives, etc. usually arrive when we are in the purging process and adjusting to a higher energy. Rashes are fairly common and diarrhea is an on-going purging symptom for many. At times, diarrhea can last for weeks and even months. If a doctor visit proves

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you are OK, fiber can really help until this phase ends. And during it all, you *still* won't lose weight!

11. Heart pain and palpitations. These symptoms are common for many. Our hearts are trying to accommodate a new and higher frequency. At times you can feel as though you are having a heart attack. When I experienced this phase, I had to literally lie still as any movement added too much stress to my already overstressed heart. An ER visit assured me that all was OK, but it certainly did not feel like it. In addition, whenever I had a lower vibrational thought or fear during this time, my heart would literally grip and stop beating. It was wild, but not a medical condition, and it eventually passed. Our hearts are where we will be coming from and connecting from in the New World and they must be in alignment as well.

12. Gritty eyes and blurred vision. Very simply, our eyes are adjusting to see in a new way, in a higher dimension and new reality.

13. Waking up at night between 2 and 4 am. As you progress, waking every morning at 5 am. So much is going on at higher levels that we cannot be "out there" for very long. We need to be back in our bodies. My personal theory has to do with dimensional access and I really believe this to be true. In the beginning, we wake up regularly between 2 and 4 am. And we are very wide awake for several hours. We are accessing dimensions and arriving through these dimensional portals when we awake. As we are releasing much in the beginning and need to go "back" to everywhere we have ever been, we begin at the

lower dimensions. Eventually we wake up or enter at 5 am or in the 5th dimension. After our critical mass evolutionary leap in January, 2006, I never woke up in the morning until 12:00 noon! I must sound like a very lazy person, but ascension has a lot to do with the number "3" and this number began to get *very* prevalent for me. If I forced myself to wake up earlier, I felt very out of alignment and completely off. Before that it was 10:30 every morning. I just hope I get to start waking up earlier at some point in the future!

14. *Periods of very deep sleeping.* When the energy is not moving and we are done for awhile, we get to rest. While we are integrating and preparing for the next phase of intense moving energy, we become very lethargic. It can become near impossible to keep your eyelids open in the daylight hours and daytime napping can become a regular and necessary habit. Even if you think you can exercise your way back to some energy, you will usually find yourself dropping dead on the sofa at every effort.

15. *Experiencing emotional ups and downs; weeping.* Our emotions are what carries the energy. When we are falling apart (and we are doing just that), we can get pretty emotional. When we are releasing, we can cry at the drop of a hat. A sad movie can make us cry, or even a sad commercial. We can cry when we experience kindness. We can cry when we feel relief. We can cry when we see any kind of suffering. The tears are a great cleanser and releaser. I always know when some New energy has arrived because I can simply cry while I am driving along in the car. This

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seems to be an on-going symptom that is here to stay for awhile. But at least it is fairly painless!

16. *Night sweats and hot flashes.* During certain phases of ascension our bodies suddenly decide that they are going to burn off the lower and denser aspects of ourselves. You may wake up in the night soaking wet or become very hot during the day. It may be 35 degrees outside, but you are just fine and dandy in your short sleeves.

17. *Feeling cold with an inability to get warm.* When we are moving into a much higher dimension after much integrating, detoxing, and other ascension processes, we get very cold. We are in between and preparing to move up. At these times, it can be very difficult to warm up no matter what you do. I usually submerge myself in a tub of hot water and then get under a heavy comforter.

18. *Vivid, wild and sometimes violent dreams.* We are releasing many lifetimes of lower vibrational energy through our dreams. If you are one who usually receives their higher information through dreams, you will most likely do a lot of releasing at night. I consider you to be lucky, as some are doing much of their releasing while they are wide awake. These dreams usually do not make sense, but if you are good at dream analysis you can usually figure them out. These acid-trip like dreams are up and visible because they contain energy that is on its' way out, never to return. Through this process, we are releasing all of our past lives.

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BEGINNING EXPERIENCES IN THE HIGHER REALMS

IMAGINE WAKING UP each morning to bands of angels hovering all around you and brilliant music filling your ears. As you rest on beautiful puffy, floating clouds, you don't have a care in the world. Popping one bon bon into your mouth at a time, you ponder about what you would like to experience next. You have finished all your "life lessons", completed all your "karma", finished your "contracts", and suffered your way to heaven because you finally "earned" it.

If you are here in this scenario, you are most likely not in the higher realms.

Everything that I have shared with you throughout this book comes from my own personal experiences in the higher realms and the process of getting there, as well as any multidimensional traveling I have done. Nothing here comes from books, channelings, or conversations with higher level beings. As I came to know over time, things were simply not

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what we had been told because...they were much, much better.

And why, then, should you believe me? You shouldn't. Everyone's experiences are different because we each create surroundings and realities that come from within us. And this alone pretty much sums up the higher realms; the higher realms come from *within*.

As the ascension process serves to release and purge much inside of us that is not of the light, we then begin to experience much more of a higher way. It is a very natural process and a beautiful one at that. As much of the density begins to be cleared away, a great and shiny clarity is revealed that, if you let it, can serve as a perfect roadmap for being in the higher realms.

This chapter lists some interesting experiences you may be having upon reaching a higher vibrating reality. But generally speaking, reaching a higher vibrating reality involves finally seeing clearly what really is. It is not interacting with other energy forms and experiences through your ego or inner child. It is not being attached to anything but Source. It is simply *being* and experiencing energy.

Below is a list of new ways of being that usually arrive when we begin to reside in a new and higher vibrating reality. Many of these greatly surprised me as they were so much simpler and *better* than I could have ever imagined. The old rules and ways we were told of the higher realms were derived from an ego-based consciousness that existed behind the veil, and were some of them ever wrong! And the majority, but not all, of any channelings only derive from the individual who is channeling the information. Anyone can tap into any energy

pocket they choose that is vibrating as they are and get about any kind of information that matches their belief system. Who knows about the accuracy. Through the ascension process, we *go there*. In this way, it is quite different indeed.

1. *You reach a certain level through your ascension process where you no longer desire or resonate with any kind of healing.* And like a reformed smoker, you can get frustrated when the New Age arena continues to focus much of their energy on healing. As we begin to vibrate higher, we no longer need healing. Healing serves to basically introduce us to a lower vibrating energy that is no longer any kind of a match to us. It can take us "back" where we no longer are. And it can *really* bring in a lower vibrating energy that we need not ever focus on again. Where we place our energy and focus greatly becomes our surrounding reality more than ever in the higher realms. Why would one want to continually focus on lower vibrating energy? This energy can feel like something from another world where you are no longer residing. And receiving a healing after you have "gotten here" can also short circuit your system.

2. *You no longer have the same connection with your physical family.* We chose to be born into a physical environment in order to support the development of necessary traits that we chose to embody in order to support our soul purpose. In addition, most of us agreed to uplift the planetary vibration through transmuting the darker and denser energies. After our prior incarnation is complete and we are done and have arrived in a higher realm, our purposes with our families are now obsolete. The cords

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are basically severed. We are no longer connected through issues. We are done with this experience. Therefore, our family members can suddenly disappear from our lives for no apparent reason as there is no longer a connection to them. But if we continue to simply love them and have that as our connection, we can continue to maintain a relationship based on joy and choice. And after we arrive in a higher state of clarity, we are also able to clearly see who they really are and how they operate, which has absolutely nothing to do with us.

3. *Your lifetime friends suddenly leave your life.* Same as above. And sometimes we re-unite with friends we haven't seen for eons. And this energetic pattern is also true for geographical areas on the planet as well. When we are done with a particular purpose, we are done. In the higher realms it is all about joy, fun, experiencing, and creating with no attachments. This is why we may also get to go back to old friends and geographical homes as we are now uniting for a different purpose.

4. *You suddenly see what it is all about and always has been and it has nothing to do with "karma", "contracts", "life lessons", or "Earth as a school".* These are things that someone made up and many of us bought into. We needed a story to explain why we were so uncomfortable and we needed it to be spiritual and purposeful so that our suffering would not be in vain. When the fog finally lifts and we rise above it, we are no longer seeing through limited thinking of a lower vibrating consciousness. It is all about energy and using it to have an experience. We

wanted to play games. We made up stories. At times we came to the planet to try and alter it through our higher consciousness that we placed in form (our bodies). We were bored at times. The purpose of Earth and of existence is to create through form. We were never trying to get anywhere, continually trying to go back home. We wanted to play, have fun and experience. And we weren't serious all the time! Spirituality is about joy, fun, creating, and playing. It is absolutely not rigid, full of rules, or judgmental. It is about freedom, love, and laughter.

5. *You are no longer interested in spiritual gatherings, group meditations, or the New Age arena in general.* You have come to realize that intentional spirituality is not really real and does not stick. The truth of the matter is, we are spiritual 24/7 no matter what we are doing. Forced spirituality removes us from the world and places us in artificial situations where we are not really *being*, but "trying" to *be*. In the higher realms, we are simply living our lives and experiencing. We are not continually wanting something else and trying to place ourselves in situations that we think may bring us closer to Source because they seem to be more spiritual. It is far better to have the presence of your being here in the world rather than in a pocket of distanced and artificial "trying".

6. *You get rid of all your spiritual and self-help books and no longer desire to learn anything new.* Congratulations! You have arrived in the state of *being*. You are also done learning as you are readying to provide your energy through your

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special gifts and talents by simply being in a space where you greatly enjoying being. Being in the moment relates to this as well. And expanding and growing always comes from experience, not from book learning or mental awareness. We can now get any additional information we need through connecting directly to Source. In addition, if you are no longer craving any new information, you are most likely done in this universe and preparing to go to the next level.

7. *You crave simplicity and can barely tolerate anything complicated.* We have released so much that we are much more in a state of simplicity. In the higher realms, one does not need to make anything happen or to do one thing in order to have an outcome. There are no hoops to jump through or complicated processes. When we are *being* a vibration, we simply and naturally draw it to us. And remember, in the higher realms we are simply being, creating, and experiencing. No planning, agendas, opinions, or having to prove something or do something in order to receive something.

8. *Negativity feels downright awful.* In the higher realms, there is no contrast or negativity. When we reach a higher state, we know intuitively that life is about joy, passion, and creativity and we never have a thing to complain about. Negativity comes from powerlessness and this state does not exist in the higher realms. And continually talking about anything in a negative way brings it to life and makes negativity a real experience and reality. It gives it fuel and allows it to exist.

9. *Drama is a thing of the past.* When we reach the higher states, we can clearly see that we had been most certainly existing in a “play”. As we are now living and viewing things from a higher level, we no longer need dramas and stories to unfold around us due to unintentional and unconscious creating. We no longer desire this emotional state of powerlessness as it no longer fits where we are. And we are much too tired and apathetic, as a perfect by-product of the ascension process, to have the energy for this kind of thing!

10. *What you think about seems to arrive in record time.* This effect really becomes evident during energy surges. It is perfect training for practicing positive thinking. We are so used to receiving realities as if from no part of our own. We are coming to know that we can really consciously create now with purposeful intent for our best outcomes. And having things arrive for us in record time can be a great opportunity to become very clear in all aspects regarding what we are trying to create. It can be fun to continually tweak our creations until they are perfect.

11. *You now wonder why you used to think you had to surround yourself in white light or clear any energies.* In the higher realms this is a waste of our time. Again, it only serves to focus energy on what we do not want, thus giving it energy and making it real. When we are vibrating high, lower energies cannot possibly affect us or gain access to our space as they are not even a close match. With like energies attracting like energies, we are now free and clear to create, enjoy, and experience. This ties in with the dimensional hierarchies as well.

A book describing our current human and planetary evolutionary process of raising our consciousness, called ascension. Includes a comprehensive list of ascension symptoms, tools for comfort, indications of reaching a higher consciousness, and a detailed description of the process.

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