

Randomly open to any page and the reader will receive a special message just for them. Each message contains information about the ascension process, how it affects them, and the higher level states of being it is creating within them. This is a companion book to The Ascension Primer by Karen Bishop.

The Ascension Companion

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The Ascension Companion

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The Ascension Companion

A Book Of Comfort For Challenging Times

Karen Bishop

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INTRODUCTION

THIS BOOK WAS CREATED with you in mind. At times through the ascension process, we can become confused, and having some validation can be greatly soothing. With so much occurring for us, within and without, it's a miracle if we can see the forest for the trees!

The ascension process is affecting many of us on planet Earth. (For a detailed description of this process and what it involves, why it is occurring, and how we are being affected, you may find these answers in *The Ascension Primer*.) *The Ascension Companion*, then, was designed similar to a card deck, but within a book. Open at random to any page, and you will be guided to a message that is just for you at this particular time in your experience. Or you may choose to intentionally choose a topic that particularly resonates with you.

Each of the 33 topics or messages, contains an explanation of what and why this experience is occurring, usually along with a higher realms picture of what this experience is designed to create within you. In this way, you will know what you are gravitating towards or “morphing” into and why. The messages then, serve as your roadmap to a higher realms reality.

As you open the book to any page, you will be validated that all is in divine and perfect order, as the messages will serve to explain and make clear why this sometimes strange and confusing experience is happening for you. Other messages contain

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information on ways to connect more fully to the higher realms, in order to support your process. All in all, a higher realms way of living and being emerges through these pages in one way or another.

It is my greatest desire that this book serves to bring you comfort and security during your ascension process, and serves as a reminder that there is order and security at every turn of our evolutionary process. As a loving companion, here to serve and support you, may *The Ascension Companion* be your good friend in times to come.

Wishing you Heaven in your heart, starlight in your soul, and miracles in your life during these miraculous times,

Karen

DISCONNECTED

...

HAVE YOU EVER FELT somehow left out? As if you were perhaps on an island by yourself? Or maybe that things were moving along energetically, and then they suddenly stopped? Have you ever tried to move forward, and been stopped abruptly by some unseen force that simply will not let a thing manifest for you? During this time, have you felt *very unsupported*?

There comes a time with the ascension process when we are basically **disconnected**. The energy that brings in the higher vibrations and this energy that we usually connect to in order to create and move forward, feels simply absent. There are several reasons for this. Basically, *it is* absent. And when these phases occur, they can be quite uncomfortable as they make us feel powerless. And powerlessness is one of the most lower vibrational states we can be in.

We can feel **disconnected** when the energies are re-adjusting. This is a regular pattern with the ascension process. We go through a period of great movement, and then...nothing but stop sign energy. This period of **disconnection** occurs because much is being re-aligned and readied for the next stage of movement. At higher levels and at the lower physical levels as well, things are being moved into place for our arrival. It is as if a bed is being made for us to lie in.

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In this regard, we are being prohibited from moving forward for a very good reason. We would not want to move forward into a space or New situation, and then have to move right out of it into a better suited one. Things are being prepared. The energies, so to speak, are elsewhere on a different task that will be highly beneficial to us for the near future.

Several months ago, I needed to register my car in the state of Arizona, as I had moved here a few months prior and had yet to update things. Trying to be a good citizen, I went to the motor vehicle department and “tried” to accomplish this seemingly easy task. Well, evidently, I had brought the wrong documents, and was sent home. A few days later, I tried again, but the lines were unbelievably long, so I decided to wait. While in a neighboring smaller town a week or so later, I thought that I would go to their motor vehicle department, as the wait would most certainly be shorter. As I waited for a little while, an employee soon arrived on the scene and declared that there was a *very unusual* situation at hand, and they were suddenly severely short of staff, so many would need to go home! Well, O.K. Something was certainly up in regard to my car situation. But stubborn me, decided to try one more time. As I was in the *very small* town of St. John’s, Arizona, a few days later, I tried again. I was literally the only one in the office that day. “Oh, perfect!” I thought to myself. Well, guess what? I no sooner got my papers filled out than I was told that the computers had just gone down, would be down for who knew how long, and I could not complete my task. In future weeks, my car would suddenly break down and I would end up having to buy a new one...so all was in order, it seemed. (And I ended up buying a brand new car with no source of income and absolutely no credit, as I have no debt!) Although a minor example here of the stop sign energy at work, it can affect us in all areas of our lives, as we seem to literally be held back.

When the **disconnect** phase arrives, it can feel very uncomfortable. No matter what we do or whatever action we take

during this time, we seem to get nowhere. Another manifestation during times of **disconnect**, is a lack of support. Supportive finances seem to come to a halt. Nothing seems to arrive for us in any way. It is as if everything has come to one big halt.

Once we know and understand what is going on and why, it can help to ease the frustration of the stand-still energy. If we can trust that this phase is occurring in order to better prepare our place in the future, we can then know that in actuality, we really *are* being supported. As human being we tend to like being in charge of our creations and being the ones to make things happen. With this power seemingly gone, we may feel useless and almost as if our wands have been confiscated or we are being punished for some unknown reason.

But something that knows more than our mental minds know, is very busy creating and lining things up just for us. Perhaps it's about control... a need to be at the helm. But as we connect more and more to Source, we learn to trust that Source can do much of the legwork for us. We simply have to let go and allow, and know that even though nothing seems to be happening for us now, it will again very soon.

If you have chosen this page, know that all is in divine and perfect order. Even though you may feel **disconnected**, things are actually being moved into place to support your next phase. You would not want to move forward into a situation that would soon be changing, along with your own. As you trust that the Universe is on your side, you will soon be in a New and different space that is just perfect for you.

RESPONSIBILITY

...

RESPONSIBILITY IS GREATLY tied into ascension, as it relates to the old ways of thinking that we have to do everything ourselves. Through the ascension process, we begin to let go of much of our responsibilities. We cannot do it all and we are certainly not responsible for everything...even though many times we seemed to think we were.

The “first wave” of lightworkers, generally speaking, were of baby boomer age. In this way, those who had children were then grown by the time the ascension process began for them, and they were then freed up to experience this unusual and transformative process of ascension. “No attachments” is a good way to describe what ascension strives to create, and in the old world, attachments came with **responsibilities**.

Responsibility comes two-fold in relation to ascension. By *not* connecting or being more in alignment with Source, we then believe that *we* are responsible for most things and especially for making anything happen. Secondly, as we begin to experience exhaustion and letting go through the process of ascension, we are then much more attached to Source, as our lives become much more simplified and pure. So then, through ascension and our arrival into a higher way of being, we come to know that 1) attachments pull us down into a false sense of **responsibility**, and 2) we need only wear our “one hat,” or contribute our one pure purpose here, therefore letting go of all our old

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responsibilities of doing it all. (Our one pure purpose is the gift and talent that is left when much all else falls away.)

In the higher realms, much of everything is really “hands off.” We cannot take **responsibility**, for instance, for the experiences and growth of another. I can’t tell you how many times I have seen well-intentioned people meddling in a soul growth experience of another or of the planet. It is rarely our **responsibility**, to save the planet through having a meditation for rain, for example. If we were to check in with the earth during each situation, the majority of time we would find that all was in divine and perfect order. Earth cleansings and purifications are vitally important for the process. The earth knows what she is doing, and can take care of herself. In regard to her residents, the majority of the time that we desire to meddle, individuals are having soul growth experiences, and “saving” them greatly interferes with their process. But most importantly, it pulls us away from our connection to Source, as we are “saving” from our ego or dis-connect selves. There are always exceptions to the above, as each situation is unique. This is why being connected is so vitally important. It tells us what is *really* going on.

Energy always knows what it is doing. There are “rules” and there is order in the cosmos...all relating to energy. Evolution, then, is simply following the “rules.” Things get bad in order for a summoning to occur. A summoning creates a higher way, and so forth. It is not our **responsibility** to help and assist at every turn. If we do, we only block, complicate, and lengthen the process. We also interfere with the process of summoning. So if you have found yourself greatly backing off from becoming involved or taking **responsibility** for much, it is only because you are evolving into a higher level being.

The highest of the higher level non-physical beings *never* meddle...they wait to be asked, and even then, they sometimes do not answer as they do not wish to interfere with our individual

process of finding out and growing on our own. A lower level non-physical being will answer all your questions and be there morning, noon, and night, therefore interfering with your own connection to Source by not allowing you to *be* Source yourself. Non-solicited visitation from a non-physical being is rarely good. There are always exceptions, of course, as there are times when we need to know something important. When I meet with the Star Beings, we have a community meeting area in a portal out in nature, as they do not believe in entering the sanctuary of my home. They are highly respectful. Others will come when I call, but only for specific purposes. In this way, I can strengthen my own connection to Source, as *I am* Source, as are you. So you see, at higher levels of existence, no one takes **responsibility** for another. It is simply not the way.

To reach the higher realms, we have to be free and clear. It is about being in the moment. It is about no attachments. It is about having that greater connection to Source because we are no longer connected to much else. There is a pattern and there is order here. It is an intentional process.

If you have chosen this page, you are being asked to let go of your old illusions of **responsibility**. Letting go of attachments is part of the process. And as you connect more strongly to Source, you will come to know that you need not do it all yourself.

REST

...

THE ASCENSION PROCESS can take a great toll on the body and the emotions. Like a continual roller coaster ride, this amazing and one-of-a-kind process creates sometimes traumatic and ground shaking experiences with ramifications like no other.

“I can’t take any more!” you may exclaim at times. Or perhaps “What *else* can possibly happen?” The ascension process really puts us through the ringer. With so much energy moving at times, creating stress and the old familiar purging and releasing scenario, there are times when we need a break. We may think that we can stretch no further.

I can remember having extreme reactions during the on-set of my ascension experience several years ago. My body was so exhausted from all the internal restructuring going on, that I became exhausted even trying to have a phone conversation. The simple act of conversing and even *breathing*, totally wore me out. Through trial and error, I discovered that if I really rested, it greatly helped with the assimilation of these New and higher energies that were bombarding the planet. I needed all the body support I could get and thus needed to conserve my strength.

With a great amount of **rest**, most of the ascension symptoms I was experiencing were greatly diminished. Taking a 3D form and restructuring it into a higher vibrating and crystalline form is quite a process indeed.

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In the old 3D reality we were conditioned that hard work was a great asset and was the real way to get anywhere. Not being very busy and not continually doing, doing, and doing was considered laziness and something very negative. Working hard for what we wanted, and pushing and striving were highly revered. In the higher realms this is not the case. Putting yourself first and really taking care of *you* is a much higher way of being. When we put ourselves first, the Universe gets the message and follows along. “Oh, so *this* is what we are doing!” the Universe responds.

Extreme self-care is vital for a more comfortable ascension process. If we take care of ourselves, the Universe will take care of us too. If you are able to give yourself permission to take a certain amount of designated time for you, you will find yourself in a wonderful space of receiving. This space is also the space of the higher realms. Self care and taking time to **rest** and smell the roses will place you in alignment with the higher realms and higher ways of being. And you do not have to be ill with the flu or some other manifestation to rationalize being in this space! Just tell yourself that Karen gave you permission!

In the higher realms, it is all about *being*. Being forced to **rest** through the rigors of the ascension process greatly assists in getting us used to this New and higher way. It is a natural by-product. *Doing* is a thing of the past. Slowing down and **resting** when needed along with *being* is surely the way to go. This is one reason why we can no longer do so much. We are not supposed to. We are literally being re-wired and trained for this New and higher way.

When we learn to take time for ourselves, the Universe will take care of the “rest.” If we continue to try and do everything ourselves, we only get in the way and the Universe cannot do its job. As we are becoming more of Source energy ourselves through the ascension process, we are then learning to work in unity and partnership with Source and this involves learning to

slow down. When we know when it is time to **rest** and are not concerned about resting often, we are then more primed for aligning with Source. We receive more messages. We connect more often. We see more clearly. We become much more of Source ourselves.

If you have chosen this page, you are ready for a **rest**. It can really help if you can find a way to rationalize that resting is a higher way of being. You are not responsible for everything. You are allowed to **rest** and to *be*. You are supposed to. The Universe truly wants to help and is just waiting for you to give it a chance to step in by getting out of the way and **resting** for awhile. You can actually get more accomplished by allowing yourself this time, as it will really place you in alignment with the higher realms. This is where you need to be. Have a wonderful and restful time!

SIMPLICITY

...

ALL OF THE LETTING GO, loss, releasing, and endings created though the ascension process can ultimately leave us in a space of **simplicity**. There is such a beauty in **simplicity**. The joy of being there for a child's smile, watching a hawk fly across the sky, tending to a flower bed, watching your favorite Disney cartoon, sliding down the slide with your grandchild, or perhaps just observing an ant carrying a bite of food home.

Simplicity greatly frees us up to become a part of the moment. It frees us up to be much more present for what truly matters to us. As we become weary and apathetic through the ascension process, we cannot help but end up with a more simplistic life-style. With a busy, hectic life-style, we are really neither here nor there. And even though we may complain that ascension has taken so much from us, it has really left only what matters behind.

In **simplicity**, we have few responsibilities. We are so much more free, and we have all complained that we truly value our freedom! Within the freedom of **simplicity**, we can connect much more easily to Source. Our time is our own. We are removed from that busy and hectic world. In **simplicity**, we are able to see things we never had the time to notice before. Our lives move at a much slower pace. We can be present for others. We can be present for ourselves.

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One of my favorite memories is sitting in an inner-tube, floating down the Russian River in the wine country of California, with my daughter, then eleven years old, and two of her friends. I do think I spent more time in those days with my daughter's friends than my own, as they were always so much more fun, had more innocence, and didn't question much. And we loved to play! That particular time, as we lived just down the street from the river, it just seemed a natural thing to do. And now I get to play with my grandchildren. We get into so much mischief...sloshing through the mud puddles, drawing, twirling around in the shopping carts at the store...oh, the **simplicity!**

Ascension brings back the **simplicity**. We don't have to take care of so many things. We have been removed from much of our prior responsibilities. We get to spend a good deal of time in our creativity. The child-like joy of our original and innocent inner child can re-emerge. And there are so many worlds within worlds that were unnoticed when we were in our busy, adult, and very serious lives. I can remember having my forehead down upon the earth out in nature one day on my friend's ranch in Colorado. Lo and behold, I discovered an entire civilization within the earth! It was truly amazing, and a sight to see. I would never have known that it was there if I hadn't been out just wandering around and enjoying myself, while my friend was off tending to "business!"

Thinking back on the creak of the ranch door when it opened, or the brilliant sunlight that flooded the living room when the door was left ajar...these are the fondest of memories. These are the precious moments. And these are the times that we can feel oh so joyful and blissful, and they do not involve material things or things that we feel we need for security. These times of **simplicity** are when spirit is ever present.

When I do not have a simple life, I feel very disconnected. Having no debt, being able to do pretty much whatever I want to whenever I want to, having the simplest of possessions, and

having no real agenda, is the only way I feel comfortable these days. I would have a very difficult time having to be somewhere at a specified time...I'm just not used to it. If my life begins to get busy and complicated, I refuse to participate. **Simplicity** is much too valuable to me.

If you have chosen this page, you are being encouraged to remember that **simplicity** can bring you closer to Source. It can place you much more in the moment and allow things to arrive in a harmonious and synchronistic way of aligning very naturally through Source. Enjoy your **simplicity**...it's really what it's all about!

THE EARTH

...

STRANGE AS IT MAY seem, we ascend through the **earth**. In our 3D minds, we may have envisioned ourselves being lifted up into the cosmos, or perhaps have always felt that Heaven was in the clouds, but in all actuality, it is really about Mother **Earth** and Father Sky. Yes, there are most certainly higher vibrating energies arriving from above, but also remember that there are also New energetic portals opening within the **earth** as well.

The **earth** contains many hidden secrets. Eons ago, many of us knew what would be coming in regard to a darker and denser scenario on the planet **earth**. And eons ago, these many were also the original creators of the **earth** as well. With this great love for the **earth** and this higher knowledge of the secrets of the **earth** in tow, these souls buried these higher vibrating secrets in order to keep them safe.

Then along came ascension. The ascension process involved raising the vibration of the **earth**, as well as every living thing upon her, including her inhabitants. It was time for the original blueprint of the **earth** to be restored. When the vibration began to rise through the ascension process, it signaled a time of opening on the **earth**. First began the opening of what had been concealed and hidden during the time of Lemuria. The area that opened first, then, was around the Hawaiian Islands and into Southern California. As the vibration of the **earth** continued to

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rise exponentially, other areas began to open as well...the UK, Australia, and Africa, to name a few.

In this way, the **earth** is then carrying a higher vibration herself. And in the very near future, we will be remembering many of her secrets. The **earth** is here to provide our every need. All that we could ever want is contained on and within the **earth**. She is the blue jewel, the keeper of all, and the doorway to other dimensions. As consciousness can only evolve through form, she is the form, as are we.

Our current society and ways of living have totally forgotten about where they are residing...on the **earth** herself. Outer technology does much for us that we no longer remember how to do ourselves. We have forgotten how to tell time by looking at the sun. We have lost our ability to intuitively know what the weather patterns will be. We spend very little time on the **earth** herself, as we are usually inside dwellings or in cars. We have become disconnected from the **earth**. We have forgotten how important it is to live in harmony with her ways...even though we reside on her!

The **earth** has the higher knowledge and wisdom of higher realms reality. The ancients knew this, and utilized the **earth** and the celestial bodies in their everyday lives. They knew when to plant, what planets were influencing them and when, and also knew what was to come. We are very much a part of the **earth**. We are made up of the same elements and can even consider ourselves a microcosm.

With the **earth** being such a higher vibrating entity, we could greatly benefit if we stayed continually connected to her. Studies have shown that just lying on her daily, immensely improves one's health, and even heals, as well as supporting a continual state of peace and calmness. If I do not have a daily connection with the earth, I get very wiggy and off-balance. Telling most of

everyone, no matter what their spiritual orientation, that “The earth is my church,” always brings a nod of agreement.

The **earth** has much to tell us now. She is ready to reveal her long hidden secrets. If you have chosen this card, know that your ascension process can be greatly supported through re-connecting with the **earth**. This powerful, sometimes overlooked, and highly vibrating Source is there for us to utilize right now. The **earth** is our doorway to ascension. It is *through* her, that we can continue to be in alignment with the higher realms. By choosing this page, you are being encouraged to connect to the **earth**. Try and turn off your TV, computer and phones. Spend more time with your feet directly upon her, eat organic, go camping or hiking, work in your garden, take a daily walk in nature, become involved with sustainability, or simply partake in anything made from the **earth**.

TRUST

...

“**TRUST, TRUST, AND trust** some more.” This could easily be one of the most pivotal mantras of the ascension process. Going through this many times confusing process can create feelings of bewilderment and perhaps leave one wondering if everything and anything is in divine right order at all.

As the ascension process slowly but surely creates a higher level and higher vibrating human, when we reach these New and higher ways of being, they are not always how we expected them to be. And with so much leaving our lives along with so much change occurring, we may wonder what in the world is going on.

Even though we may not consciously know at the time why and what our lives are evolving into, simply **trusting** in the process can bring us great comfort and relief. At lower levels things may not make sense. But at the higher dimensional levels they always make perfect sense. Although the phrase “All is always in divine right order,” may at times sound trite and repetitive, and get old as well, when we are able to see through personal experience that this process is in total perfection, that old, trite phrase begins to make some sense.

Over and over again, as I have viewed things from a higher dimensional level, the perfection is always evident. Things are always working like a perfectly oiled machine. And even though

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it may appear otherwise, these strange and confusing experiences are here to support us in every way.

For instance, one typical higher level scenario involves the separation of partners. So many times I have seen individuals go through what they interpret as an “error” or a painful experience of being left behind or “dumped” by their romantic partner. This painful experience usually places them in the victim posture. What is almost always occurring is an immense expression of love at higher soul levels. One partner knows that the other is ready to experience more of their higher purpose, or ready to expand and grow, and hence, will then leave the other in order to give him/her this very important opportunity.

In this same arena, another scenario can also express itself. Partners separate because the vibration of the planet has reached a certain level. Before we were born, we agreed to fulfill certain roles and purposes. Each of us has several soul partners and there are many in our soul groups. We came to serve as companions and supporters for each other...not necessarily as romantic partners. When the planet reaches certain frequencies, we are then activated according to our pre-birth plans. In this regard, we separate from those we have been with during certain phases of the ascension process. We need to now fulfill New and different roles, and therefore, need to go in different directions. At lower levels this may manifest as a sudden “not able to get along” experience and reality. But the truth of the matter is that at the higher levels, we need to separate and will then create an impetus at lower levels. If we are not fully conscious at higher soul levels, scenarios will then occur that inevitably get us where we need and have chosen to be.

There is always great and expansive love at higher soul levels. This is also very evident in regard to the love shown us by our non-physical “guides” or those non-physical beings that have chosen to watch over us during this process. We are never

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abandoned here. We are only left alone so that we can grow and expand through experience. Losing jobs, loved ones, money, or our health are all part of the process designed to get us where we need to be. Things are always being navigated at higher dimensional levels.

If you have chosen this page, you are being reminded that all is in divine and perfect order. You are being asked to **trust**, even though you may not be consciously aware of the reasons for your current experience. As you evolve through the ascension process, and rise to higher levels enabling you to “see” beyond the veil, you will in time come to know and understand what this experience was all about.

YOUR ASCENSION GUIDE

...

AS WE NAVIGATE through this confusing and many times challenging process of ascension, we may feel very alone and vulnerable. It can seem as though we have been dropped here on Earth with no support to handle all that is happening to us. Believe it or not, this is not the case.

Each and every one of us has a beautiful **ascension guide** who monitors our progress at each and every turn. This process of ascension was created by us at soul levels. We decided to raise the consciousness (or vibration) of Earth as a group, through ourselves, in order to begin again. We have to go through this process ourselves by experiencing it firsthand. This can create moments of disconnect, chaos, fear, and near everything else. So for the most part, we certainly do not feel at the helm ourselves.

I first became aware of **ascension guides** when I was reading the energy of a friend going through the process. Lo and behold, there standing right next to her was a big, beautiful non-physical being who was practically “guarding” her as she went through her process. This being was making sure that things did not get out of hand and go too far. He (it) was making sure that she was benefiting and growing through her process as it had been planned, instead of having the process weaken or destroy her. **Ascension guides** are here to make sure that nothing goes too far in regard to our “stretching.”

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The next encounter I had with an **ascension guide** was when I connected with my own. I was having a really rough time and basically coming unglued. In popped this huge non-physical being who proceeded to tell me that it was my attitude that was making everything far worse than it needed to be. From that day forward, I knew that someone was indeed *there* for me, and what a wonderful feeling it was.

Any non-physical beings that we are especially connected to, rarely interfere with our process (if they are highly vibrating beings). And this is especially true for **ascension guides**. Although they need to be especially “hands off,” they come from a deep place of love and caring for us. And know too, that we are going through this process for them as well. They freely admit this and are therefore very grateful and highly respectful of who we are and what we are doing. We are ascending for all of the cosmos. Even though they know more than we consciously do right now, we will eventually surpass them.

It is a sure fact that we are the stars of the show. All the attention and the lights are on us, as we progress through this process of ascension. There is so much help and support on board, even though we may not be able to see or sense it at times. It is because we are on the front-lines. We are in the thick of it. So at times, we cannot see the forest for the trees.

All of this said, here’s a little secret. Our **ascension guides** are really only higher vibrating aspects of ourselves. When I finally sat down and really read the energy of my ascension guide, I truly remembered who I was. I WAS THIS GREAT, ANCIENT, AND MAGNIFICENT BEING. What an eye-opener this was. And as I connected the dots, I could clearly see that this being had been there for me all along. He (it) had been at the foot of my bed in the year 2000, telling me that something that would change me forever was about to occur. He had been at my hospital bedside after I had shattered my leg. He had been there when I

was whining to no end during my ascension process, and now he is here as a true and good friend who continues to connect me to the higher realms through himself. These beings bring in the higher energies. We are able to connect much higher when we begin vibrating much higher. It is then that we are with them on a much more regular basis. As we begin vibrating higher and higher, we will then connect with much higher guides, but we will really be only connecting with much higher aspects of ourselves.

If you find yourself having a difficult time, know that you may call on your **ascension guide**. If you are not particularly psychic, just ask for a sign. Ask your guide to show you that he (it) is there. Ask your guide to deliver to you in a form that you can easily receive, what you currently need to know to assist you on your journey. Whether it be a passage in a book, a phrase from a conversation from a friend, or perhaps something on TV, you can ask that a message be given to you.

Asking for a sign is a good way to validate something if you don't have a lot of psychic ability, or even if you do and are just very stressed and cannot connect very well right then. One time, right before my ascension process really began, I needed a job. I was getting downloads of information that fit in with not "working" anymore, but I wasn't quite there yet. I got hired as the director for the United Way. I didn't really want to do that kind of thing anymore...I had done it forever. So I quit after one day. Boy, I certainly sound like a flake, but I wanted to stay in alignment! After this, I didn't trust my judgment much. None-the-less, I gave things some thought, and I decided that I would really love to be a grant writer...it fit in well with a lot about me. But I was afraid of going down the wrong road once again, so I asked for a sign. While in the dusty back rooms of the local newspaper office one day, looking through their archives, as I had remembered an ad for a grant writer weeks earlier, I got my sign. I was unable to locate the ad. As I put up the last huge bound archive book, there

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was nothing left on the dusty table below it but an old, outdated newspaper page. On it was an ad for a department store, and in absolutely huge letters was the word GRANTS. So I got my sign, the flood gates flew open with many synchronicities, and I became a trained grant writer within weeks.

But here's another little secret. There is really no one deciding our path for us or letting us know what we should or shouldn't be doing. I received the grant writing confirmation because I created it myself. I was much more in alignment with it than anything else. We're the ones that make a path right...we're the ones that are the powerful creators. When we ask for a sign, just like our **ascension guides**, it is really us giving the sign. We just don't trust our own judgment yet and like to place the power outside of ourselves because we think something out there knows more than we do. We are far greater creators than we believe. Handing our power over to something else, gets us out of the way, which is a perfect energetic alignment for creating!

If you have chosen this page, know that you are not alone. We each have a loving and protective **ascension guide** at our side who is monitoring our progress at each and every turn. Even though these amazing and caring beings are really aspects of ourselves, they still exist in the forms that we picture them in. They are *us* in our future state, and therefore love and care about us like no one else. Thank goodness for **ascension guides**!

Randomly open to any page and the reader will receive a special message just for them. Each message contains information about the ascension process, how it affects them, and the higher level states of being it is creating within them. This is a companion book to The Ascension Primer by Karen Bishop.

The Ascension Companion

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