



## 2019 Ascension Symptoms Through Sri & Kira

### *The Accelerated Signs of Awakening Crystalline Awareness – Parallel & multiple dimensions- Ascension portals- Time travel*

As we have now “reinserted” into the Ascension Escalator from 2015-2022, this is the perfect moment to reflect upon ALL the Ascension Symptoms that have been present for the past few years. Remember that each phenomenon, (symptom), is a reflection of the unique integration or response to the frequencies being presented. As such, each will have their experience as is supportive for Ascension energy to integrate.

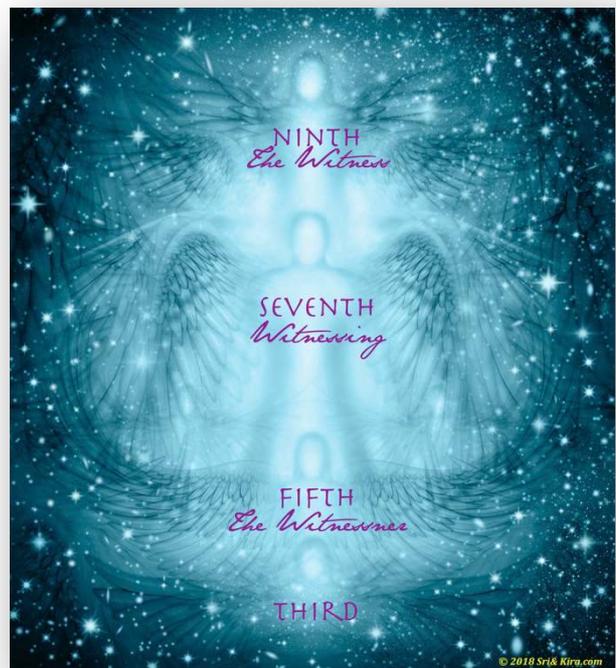
Based upon how your physical expression experiences form, some “bodies” prefer, or have a pre-disposition, to the experience of Ascension energies within certain channels.

Therefore, as you lift into a more refined experience, a symptom that may feel as if it is part of “the old” is actually a rarified moment to gaze at the “past experience” through the lens of your anchored Ascended presence.

*A power-filled moment!*

May your heart remember that regardless, this is not feedback on your state of attainment!

It is simply a response that validates your mastery expansion...**you ARE LIFTING above density.**





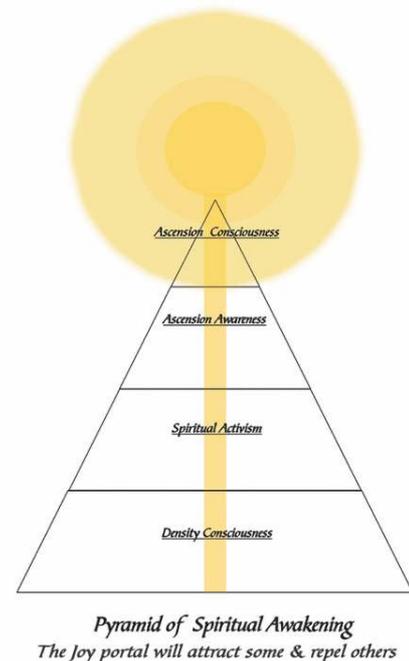
As you connect with this list of the 11 peak new Ascension “Symptoms” for 2019, ALL previous symptoms 100% still apply and are part of your Ascension journey.

May this new list assist you to navigate the year of Divine Awareness as the anchoring of your Crystalline Ascension Mastery!

1. **Joy portal lifting** through the Pyramid of Spiritual Awakening due to the Ascended Kundalini awakening that is **OPENING NOW** to establish the anchored presence of your Divine Galactic Blueprint.

This is your ascended Chakra System, the 12 points that ignite the Ascended Kundalini. [Click here to learn more!](#)

2. **Heightened sense** of Others. This includes hearing/seeing/sensing what is being “thought” or expressed. This is a mastery moment to **WITNESS!!**
3. **Adaptation to “spiral experiences”** due to multi-dimensional adjustments to parallel timelines, portals, and more! This is not the “vertigo” type experience that has been previously reported. *This is an actual awareness of the spiral and an invitation to practice bringing yourself into the “center” and adjust thereby enhancing your journey!*
4. **Energy OCD** – the instant recognition of Crystalline Energy as “grid support” in your surroundings. This can be challenging to integrate, especially if you are surrounded by less sensitive beings. Breathe, relax and listen to the energy of your personal grid! Ask for **why** the changes are needed. Trust what you hear and make the changes as may be deemed necessary. This is a





mastery opportunity that offers greater clarity and connection. Be aware that there is no “routine” to when these changes may be needed, they can be hourly, daily, weekly...the timing is solely based upon your energetic support needs.

5. **Sense of being out-of-body or within “another body”** Usually felt as if you are very tall and literally looking down upon yourself. You may have a deeper sense of others from a very tall perspective. This is absolute confirmation that you are anchoring multi-dimensional presence. Pay attention when this happens and ask: how tall am I? This experience is a link between the 3<sup>rd</sup> through 9<sup>th</sup> dimension fully connected. Feel as if you are melted into the 9<sup>th</sup> dimension as you declare...I AM!

#### 6. Physical Adaptations

A. **“Itis” Symptoms**...tendon, Bursa, arthritis, sore feet ...be sure to keep moving your hands and [Quantum Clairvoyance](#) MIRPING helps a lot with this!

B. **Fatigue as a “cross-over”** experience due to subconscious resistance of anchoring into multi-dimensional presence. Watch the [Cosmic Portal Flame Practice](#) video and doing the practice will GREATLY assist this.

C. **Vision including silvery geometrical shapes**, and relaxing the “mind” to allow the eyes to adjust beyond this dimension. This is also assisted greatly by the [Cosmic Portal Flame Practice!](#)

D. **Inner “burning”** temperature fluctuations/regulation issues. This is NOT hot flashes, this is a deep inner “burning” and a beautiful moment to call forward the Violet Flame to transmute and “burn” that which is ready to be released!

E. **Harmonic pitch shift and intensity** of harmonic communication. This has been included for many years now.



For 2019 the harmonic pitch frequency has a much more “fluid” resonance and for some may even feel as if you have “water in your ears”. Ask for the “translation” of the harmonic so you can invite greater information from this experience.

F. *Longer fingers*...physical or sense of. This comes with a heightened sense of the energy emanations and recognition of the rays that are available for you to “play the energy” like a beautiful harp. Wearing proper gemstone rings support this shift as does using the [MIRP Quantum Process from Quantum Clairvoyance](#).

G. *Physical growth in multiple aspects of the body*...Relax and pay attention to what is needed to accept the heightened state of energy. The more you breathe and simply acknowledge this as part of the anchoring of your Ascended presence the easier it will be. And ...you are merely discovering what your body is asking for ...as you remain “in charge” of the transition, your body will respond! **YOU ARE THE MASTER!**

7. *Dreamless dreaming*...This is a multiple dimensional existence whereby you have already anchored most of your consciousness into the parallel dimensions. This is not something to be fearful of, merely a recognition that you are having “other-wordly” experiences and journaling is strongly suggested to call forward these experiences into “this time line” so you can integrate. **ALSO!**

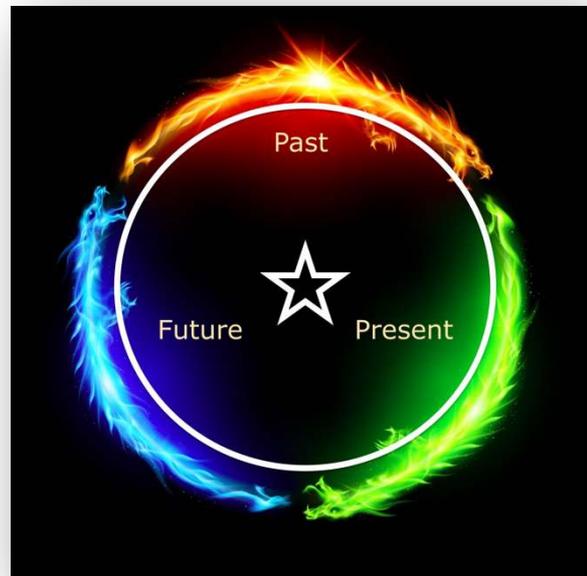
*If you are having ACUTE dreaming, this is a recognition to pay attention!*

8. *Acute awareness within a micro-second*—This is an all-encompassing moment that seemingly integrates the past, present, future.



Most importantly it includes a deep sense of KNOWING. When this occurs it is most often accompanied with greater clairvoyant vision and intuition expansion.

You may experience this as a frozen micro-second recognition of an entire cycle flashing before you, and then, just like a step within a step, you are “back” very quickly into “waking reality” of this experience with FULL recall!



9. ***GREATER communication/connection/understanding of animals.*** This is especially potent with pets or those that are coming close to you. However ALL animals, insects, birds, you name it are speaking...loudly! This is beyond a sense of empathy with animals or “hearing them”...This is the recognition that you ACTUALLY KNOW THE LANGUAGE they are speaking as if you are a universal translator and you can suddenly “speak it back to them”. This is ENHANCED if you are vegetarian/vegan because your body does not “smell” from dead animals. Certainly those who are not vegetarian/vegan can communicate however the DEPTH of this connection IS AFFECTED by what you eat.

***NOTE! This is DIRECT energy transmission and understanding and is not about looking up what someone else says an animal in your life “means”. This is about what you are now knowing in a manner that is distinctly different than any other way it has been before.***

10. ***Unexplained sadness***...this is also with commonly accompanied by additional fatigue as part of the cross-over symptom mentioned in symptom 6B. Most valuable is to remember that THIS IS NOT YOUR SADNESS! Begin with calling forward your



**Ascended Mastery to REMIND YOU OF THE ILLUSION and then release with mastery the “wish” that you can help everyone as you ACCEPT that everyone is getting their needs met.**

**11. Questioning or re-questioning your sanity ...even those who have been on the journey and have a sense of “having arrived”. It’s like waking up All over AGAIN...thereby confirming your Ascended Kundalini Awakening**

**To further support your ease into Ascended Presence, we strongly encourage you to READ the stunning message from the Cosmic Blue Starborn as Insouled through Sri & Kira**

**The Ascension Pathway: Activation of Cosmic DNA...  
[Just click here for your FREE PDF!](#)**

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