

# ASCENSION MAP

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## PAIN & SUFFERING STAGES

SHAME  
20



Trap: The trap with shame is allowing others projections to become your identity.

### TOOLS

Self-love disciplines are key in transforming shame, specifically I AM mirror affirmations which help the shame begin to dissolve.

GUILT  
30



Trap: The trap with guilt is believing you deserve punishment.

### TOOLS

Forgiveness is the cure for guilt. Practicing forgiveness ceremonies of self, others & all events. Bless all food & beverages before consuming, as guilt lies in the stomach.

APATHY  
50



Trap: The trap with apathy is getting stuck in depression. Energy must move or it becomes stagnant.

### TOOLS

Apathy can only be overcome through movement of the body. Grounding, stretching, & sticking to 2-3 disciplines per day can transform apathy.

GRIEF  
75



Trap: The trap with grief is attachment and being unwilling to accept the present moment as it is.

### TOOLS

Emotional processing is key during this phase. Working through the 7 stages of grief & allow all emotions to be expressed and released. Self-care, nurturing, & stillness are keys.

FEAR  
100



Trap: The trap with fear is believing that it is real & running away from our fears rather than facing them.

### TOOLS

Trust is the cure for fear and exiting fight or flight. Use the mantra "I trust & surrender". Grounding + cold showers assist the body with dissolving fight or flight. Always ask your angels for assistance when dissolving fear.

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## PAIN & SUFFERING STAGES

DESIRE  
**125**



Trap: The trap with desire is externalization. Joy can only be produced from the internal state.

### TOOLS

Desires stem from our EGO's wants & needs of things external from ourself. Practice cultivating the feeling of what you desire internally through meditation.

ANGER  
**150**



Trap: The trap with anger is wanting to hold onto it as a form of self-protection rather than allowing it to release.

### TOOLS

Anger stems from suppressed pain & often needs a safe outlet to be vented and released. Journaling, movement & taking full accountability dissolve anger. Avoid blame & projections.

PRIDE  
**175**



Trap: The trap with pride is needing to be right & refusing to take accountability.

### TOOLS

Pride stems from lack of self-love & vulnerability. Ask for help and be willing to allow others to support you. Focus on opening the heart chakra through conscious breathing.

ARROGANCE  
**190**



Trap: The trap with arrogance is thinking you know better, rather than learning.

### TOOLS

Arrogance stems from a deep sense of lack of empowerment. To cover it up, we become arrogant. Cut chords with all lower thoughts & use the mantra "I don't know shit."

COURAGE  
**200**



Trap: The trap with courage is needing external validation in order to embody it.

### TOOLS

Courage is where we begin to enter the life enhancing state, and we exit the pain & suffering phase. The key here is not to allow the external to dictate our courage, but to follow our hearts no matter what the external circumstances or opposition may be.

# ASCENSION MAP

## TRANSFORMATION STAGES

NEUTRALITY

250



Trap: The trap with neutrality is becoming overly passive & enabling dysfunction.

### TOOLS

Neutrality is the art of seeing things as they are, without judgment of good/bad or right/wrong. Always ask, "what is this showing me?"

WILLINGNESS

310



Trap: The trap with willingness is that it can morph into forcing things, rather than flowing with them.

### TOOLS

Willingness is our inner fire that is willing to do what it takes to transform, heal, evolve, etc. We are open to experimenting & finding out what works for us.

ACCEPTANCE

350



Trap: The trap with acceptance is allowing others to take energy from you without any boundaries.

### TOOLS

Acceptance is when we are not in resistance to the present moment. We allow all that comes into our experience, but then we must discern what it is calling for us to do/change/transform.

REASON

400



Trap: The trap with reason is trying to figure it out, rather than allowing clarity to come.

### TOOLS

Reason is where we learn our true discernment. We are able to identify the energies presented to us, as well as any energies within us that are a mirror, & we discern the highest response/step to take.

UNDERSTANDING

450



Trap: The trap with understanding is lack of wisdom and lack of experience disguised as understanding.

### TOOLS

True understanding comes from going through an experience & gaining the wisdom from it. We cannot truly understand the higher frequency concepts until we go through the lower ones, transform them, heal them, & learn from them.

# ASCENSION MAP

## EMBODIMENT STAGES

LOVE  
500



Trap: The trap here is feeling you are in unconditional love, but are actually in conditional love.

### TOOLS

Unconditional love stems from balanced harmonics, An internal balance of both masculine/feminine polarities & a dissolvment of all EGO programmings.

JOY  
540



Trap: The trap here is getting caught in fake joy, or all "love & light" while denying deeper layers of emotions.

### TOOLS

Joy is an internal state that has to be cultivated each day. Focusing on each present moment of "what would bring my soul joy" is how we stay present in the moment.

PEACE  
600



Trap: The trap with peace is being attached to external peace, leading to avoidance and people pleasing.

### TOOLS

Peace is an internal state of being heart-centered no matter the external circumstances. Peace is cultivated through consistent embodiment & processing of all emotions/reactions.

ENLIGHTENMENT  
700



Trap: The trap with enlightenment is Spiritual EGO which convinces us we are higher than others.

### TOOLS

Enlightenment is an internal state free of ALL belief systems. It is here we are connected straight to Source & are experience life as a wonderful adventure, where we are always learning & evolving.

UNKNOWN  
1000



Trap: The trap with the unknown is thinking you have it all figured out, when Source can never be figured out.

### TOOLS

Love & the Unknown are the only two energies in existence, also known as Source (Mother/Father). The unknown is limitless in expressions & possibilities and one can never strive for this state: it can only be experienced.