

ASCENSION GLOSSARY

ASCENSION: The physical process of raising from 3D to 5D frequencies.



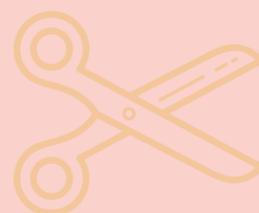
BALANCED HARMONICS: Balanced energy 49/51% for masculine & feminine vessels.

BODY LIGHT UPS: Truth bumps or body chills that tell you what is truth.



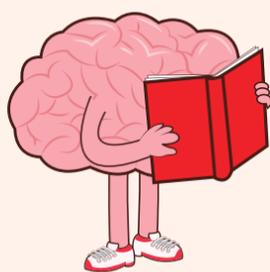
CHAKRAS: Our 7 energetic center points that rule different parts of our body.

CUTTING CHORDS: An intention to cut energetic chords with everything and everyone.



DENSITY: Built up lower emotions & thoughts that create pain, illness & disease.

DYSFUNCTION: Programming that stems from the EGO mind, carried through DNA.



EGO: The lower thought programming that keeps us in a low frequency.

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EMBODIMENT: Embodying your greatest & grandest version- your Higher Self.



ENERGETICS: The frequency & vibration of a person, place or thing.

FANTASY: Attaching to information or the external, and not being present in the now.



GALACTICS: Our brothers & sisters in the etheric realm who are supporting Earth's Ascension.

GROUNDING: Centering your energy through the ground, breathing, using tobacco or coffee.



HIGHER SELF: Our angelic self, our soul, which is anchoring into our physical vessels through awakening.

INNER EARTH: The realm of Earth that lies at the center in a 5D frequency.



KARMA: Lessons and blessings we receive from our choices & actions.

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PORTAL: A portal is a jump where we shift onto a different timeline. These can occur collectively or individually.



PLASMA: The 5th element which makes up everything in the Universe. A divinely intelligent, conscious element.

PURGING: Releasing dense energy from the body through sweating, vomiting, crying, etc.



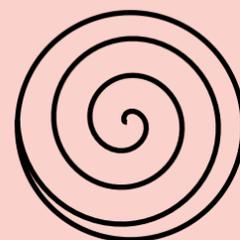
REHEART: To recall or remember something, or to help another remember.

REPTILIAN: The reptilians are a lower frequency race without souls, who have infiltrated the Human Species.



SCHUMANN: The Schumann Resonance measures the frequency of the Planet, which we are all connected to.

SPINNING: When our system is overwhelmed & we are unable to stay grounded and centered.



SYNCHRONICITIES: Magical, "coincidental" events or signs that tell us we are on the highest timeline.

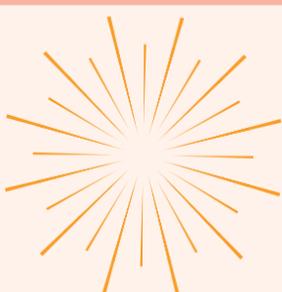
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TAKERS: Those who suck energy without giving anything back. This is done both consciously and unconsciously.



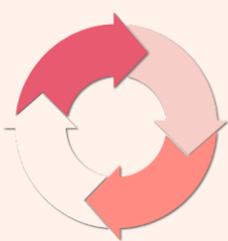
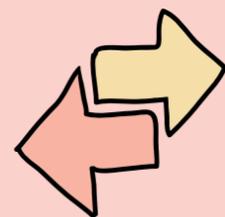
TAPPING IN: This is where we connect with our angels & higher self, Source, to ask and receive information or guidance.

TIMELINES: These are existing realities that are all possible and existing at once. These change based on choices & vibration.



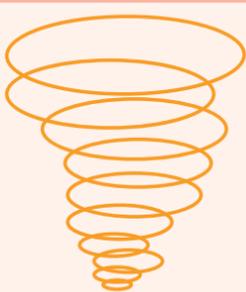
TIPPING POINT: The point at which a certain # of beings reach 5D frequencies, which tips the scales of consciousness.

TRANSFORMATION: To become aware of a programming, release & dissolve it.



TRANSMUTATION: To process a lower energy and release it from your vessel.

UPGRADES: When high frequency Light is entering the planet and our bodies are adjusting to new levels.



VORTEX: A vortex is a whirl of energy that can either spin you in or spin you out. This occurs when there is clashing energy.