

Ascension symptoms

Taken from
9D Nibiruan Council Perspective on
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- Flu-like symptoms – Fevers that are temporary often accompanied by sweating, aching bones and joints.
- Dizziness – Occurs due to being ungrounded. This can happen when you have just cleared an emotional block and the body has not yet completely embraced its new frequency. Eating grounding foods like meat and potatoes will help.
- Red rash – Small fears that erupt and can occur on any part of the body. This happens when there is an issue up to be released and you are squelching it because you don't want to rock the boat or make a scene. The little blisters represent your inner child's anger and not being allowed to express.
- Ringing in the ears – This can drive you to distraction, but these sounds are just you picking up frequency changes.
- Heart palpitations – As you clear old issues your heart opens. This opening is experienced as a racing heart. Only lasts a few seconds. No, you are not having a heart attack. The heart must also rebalance itself after an emotional release.
- Vibrating of the physical body – This is especially disconcerting. Many of you may think that you are being abducted since this usually happens at night and is a part of the process of being moved back and forth to and from the ships. In this case, it is not. It is simply the body adjusting to DNA upgrades that occur after emotional clearing.
- Muscle spasms – These spasms can be intense and many are felt in the upper back. They are caused by emotional imbalances that occur when you take on the emotional burden of others in order to be accepted and loved. These will decrease as you learn new behaviors that support allowing others to feel their pain without rescuing them.
- Tingling in arms, hands, and feet – More DNA changes due to energy centers clearing and realigning.
- Tiredness/Needing to sleep – DNA changes. Your body needs rest to integrate the changes occurring at the cellular level. I recommend that you adjust your schedule to accommodate an afternoon nap. Make it a priority. You will find that you are more productive afterwards.
- Faster hair/nail growth – Since the activation of the Compassion hormone in November 1996, more protein is being used in the body. Protein is used by the high heart in the transmutation of lower chakra emotions into compassion. Compassion is the emotion that changes your DNA. A by-product of this is that your hair and nails grow faster.
- Weight gain- This occurs because many fears that have been held in check are coming up to be integrated. When this happens the inner child moves to protect itself by putting on armor. This armor will be released when the fear is integrated. As a result, many experience weight fluctuation.
- Frequent memory lapses – This can be a real irritation. Understand that it is partially due to the magnetic grid wobbling and also to the shifting occurring in the brain. Write things down and be patient with yourself and others.
- Depression – Though not the only reason, the frequency change creates fragmentation of relationships with those who are not at the same frequency. When guilt is allowed, depression ensues to medicate that pain.

These are just a few of the symptoms and by no mean all. So take it easy, get plenty of sleep, drink lots of water, take salt baths, stay grounded and get massages. As far as nutrition goes, eat more protein (your body needs it for transmuting emotions in the high heart chakra) and potassium (needed to create new neural pathways in the brain).