

The 12 Levels of Ascension - by Cedar Rivers.

We are all evolving and absorbing Light at our own pace. Some people are consciously working with these changes and so their transmutation is quicker; others remain unaware and so are absorbing this Light & change in direct correlation to planetary changes.

However, one can classify this process into the following 12 different levels:

1 FIRST LEVEL

When the body drops density it commonly displays mutational symptoms of flu, headaches, diarrhoea, rashes, muscle and joint aches. Most flu epidemics are actually Light epidemics! Brain chemistry changes, right and left brain functions blend and the pituitary and pineal glands begin to change in size.

The DNA structure and chemical components begin to change, and, pick up extra hydrogen atoms and chemicals that the cells need to take undifferentiated higher Light and break it down into useable Light encodements for the DNA.

2 SECOND LEVEL

The etheric blueprint floods with light and releases karmic experiences, individuals may feel disoriented as well as experience of 'bouts of flu'.

Many begin to question "why am I here". Light in the etheric blueprint releases 4th dimensional structure and causes spins in the geometries of the emotional, mental and spiritual bodies. Change is rapid and many feel tired.

3 THIRD LEVEL

Physical senses become much stronger. Your bodies not only absorb Light for its own change but also acts as a transducer --> Decoder of higher light energies to the planet as a whole. The process of the in-breath is now irreversible, like an elastic band that has been stretched to maximum capacity, been let go of and will return to its natural state.

4 FOURTH LEVEL

Major changes are in the brain and its chemistry and electromagnetic energies - symptoms often include: headaches, blurry vision, loss of hearing and

sometimes chest pains. Crystal regulators in the etheric body keep lines of light within the 5th dimensional blueprint from connecting again until you are ready. Chest pains are due to the expanding energies of the heart as it opens to deeper levels. Vision and hearing are being realigned to function differently.

The mental body begins to wonder if it really is in charge and individuals get strong unexplainable and undeniable urges to follow spirit without hesitation. Individuals may get lashes of telepathy, clairvoyance and nearly all begin to experience empathy. This is a time of feeling, of honouring and accepting and validating the emotional body and learning to control it.

5 FIFTH LEVEL

The mental body decides to tune to spirit, dreams change and may become more 'lucid', you get feelings of **déjà vu**. Thought processes become non-linear. Oscillates often between knowing and doubt. We realise the habitual nature of thinking and behaviour and look at de-programming and re-programming to create the "I" we wish to be, not the "I" we thought we were --> from our interaction with parents, peers and society etc.

Change seems to be constant, and we consciously begin to discern from our heart rather than judge from 'conditioned responses'.

6 SIXTH LEVEL

We draw others to us for mutual support and stimulation of growth. We question what is real; our mental processes and how we identify with others and ourselves change rapidly. Re-evaluation may be uncomfortable, but we feel it must be done – so we look at our relationships, jobs, home environment, living styles to see if it is a time of letting go and moving on.

We change our friends; everything feels to be in a state of flux, but we feel lighter, vaster, fre-er somehow. By this stage the Light quotient in our being is 33% - we feel as though we are opening up our inner senses. And so clairvoyance, clairaudience etc. seem normal and natural to us.

7 SEVENTH LEVEL

The heart chakra opens more and as a result, we become more 'real' with other people & with our own emotions. We just have to be ourselves! We release blocks and old patterns - it is a time of great emotional clearing and great intensity as we seek to rid ourselves of emotional baggage. We feel more in tune with each moment, feeling very present and flowing with life.

Old relationships end or change rapidly as people on this level often dig deep and honour their feelings - there is simply no room for denial on any level.

We begin to lose emotional attachment to others. Chest pains (angina) are more common as the heart continues to open its energy fields. (Doing the unified chakra meditation will assist in the heart opening).

Inner fears at this time are released as the energy fields of all the lower bodies are re-aligned through the heart. And then once aligned, all fears drop away.

Pressure at the forehead/back of the head is due to the opening of the pituitary and pineal glands as they absorb more light. When these glands are fully open, activated and functioning at the highest level, ageing and death cease.

When the pineal gland is fully open, we experience multi-dimensionality, and yet duality seems to increase in the world around us - as we leave it behind.

Some days we feel connected and joyous; other days we are in fear and caught up in survival issues. Many wish to 'ascend' and leave the planet, as we sense the very real possibility of ascension through our deepening connection with spirit. As we learn to follow our joy, we may then want to 'save the planet' and have everyone follow their joy.

ALL the levels here are stages of progression, or phases of Ascension. They simply reflect our changing perception.

Dietary-wise, you feel the need to eat less; to change to light-er, high-vibrational food. Many at this stage have ceased to eat meat, sugar and drink alcohol as they can 'feel' the side effects of these substances on the vibrational fields of the body.

8 EIGHTH LEVEL

We leave the 'saving and rescuing' mode behind. The pineal and pituitary glands change shape, and if headaches persist simply ask your Spirit Team (who are working with you) to simply 'tone it down' for they do not feel pain. Alternatively, ask them to release endorphins - the brains' natural opiates.

The brain is being activated - particularly the cerebrum, the 'sleeping giant'. Cranial expansion is common; triangular 'seed crystals' in the brow and recorder crystals in the right side of the brain are activated along with the 8th, 9th and 10th chakras. **We begin to be hooked into the Languages of Light.**

The pituitary and pineal glands are opened fully and work together to create the 'Arc of the Covenant' --> a rainbow light that arcs over the top of the head to the third eye that is a decoding mechanism for higher dimensional language.

You may sometimes find it hard to find words to express yourself as you may think in geometries and tones. Whenever feeling confused, do the unified chakra meditation, and ask for messages to be decoded and translated.

You become much more aware of the vastness and multi-dimensionality of your nature, that you can be anything that you want to be, and, you cease to operate from obligations. Relationships become transpersonal.

You speak and share words directly from your heart and soul, and so others may feel disorientated when dealing with you because they no longer have 'hooks' into you to link with.

You operate from a deep level of serenity with heightened sensitivity and awareness, yet you are feeling grounded and transformed.

By this stage, it is possible to be sustained purely by Light and prana, to take no nourishment from the atmospheric realms and to be healthily sustained by the etheric.

9 NINTH LEVEL

Decoding geometries and toning is easier. Spirit is helping you use the Languages of Light to shift the 6th dimensional blueprint into a new template for your 5th dimensional Light-body.

Your body may change shape as the energy fields shift. You feel interconnected to all living beings everywhere, and, less connected to the opinions of others.

You release the desire for and the energy to sustain the '*game of separation and limitation*' and feel absolutely free.

The 9th level sees a mass descension of the Light-body into physical form.

As with the 3rd and 6th, this level sees a strong re-evaluation as we begin the **final surrender** to Spirit, and we truly become Instrument for the Divine.

Here Spirit determines our income, our work, the people who are in our lives - everything.

This is the dissolution of the ego-self and while one may feel ecstatic, it can also be a most painful level.

Making the leap can be fearful even though we have evolved through eons of time to finally reach this point. We may go back and forth; clinging to old comfort zones before completely letting go - there is no turning back and all must be released.

9th level is all about surrender and then ecstasy; the letting go of the "I" - we realise that while Free Will is real, it is also an illusion as it is only there to guide us & to empower us. To be One with Spirit.

Survival fears leave - often focusing on the NOW. Though fears may surface, they seem unreal and are easily put aside.

We also tend to disconnect from consensus reality; our choices and reality seem unreal to others.

From the 7th, 8th and 9th levels, your inner light noticeably radiates out and by now you feel unbelievably grounded, connected, centred, filled with purpose, and desiring only to serve.

For a while you may slip between the 8th and 9th, from: feeling complete & as ONE, to: feeling like 'a limited human being' again. This settles down by the end of the 9th level.

You then continually feel connected and operate from your Christ level.

Your intention and motivation are always for the Highest Good of self & others. Although others - due to their own inner triggers and issues - may not always choose to see that.

The 9th level is where we begin to hook up to our I AM.

Know that although our evolutionary process is rapidly accelerating, along with the new higher vibrational energies we have not created Heaven yet.

And so, although you may be struggling and confused at this time, please know that your future holds the following: '*Your Heaven on Earth*' - maybe even before reaching the final, 12th Level of Ascension. Just have faith in your Divine I AM.

The last three levels unify all energy fields; all chakras are unified and you become totally connected to your Divine I AM.

10 TENTH LEVEL

You are ONE with Source Consciousness and you know that ANYTHING is possible. DNA is no longer 2 strands, as it has changed to 12 strands. Teleportation, manifestation etc. are instantaneous. The Merkabah (another name for our Light-body) has been built/repared and it allows you to pass through space, time and dimensions complete in your totality. The Merkabah has its own consciousness, to be directed by you.

11 ELEVENTH LEVEL

All levels of the Light-body have been constructed and activated, and are connected to your physical body via 'spin points'.

These Matrices of Light lie along the physical acupuncture meridians, and are lines of light intersecting in beautiful geometries → a new 5th Dimensional Circulatory System of Light. Cellular regeneration has been accomplished.

Time is no longer linear but simultaneous - past, present and future co-exist - all are existing in parallels. There is no separation, and you will fully manifest your vision of 'Heaven on Earth' & express the ecstasy of Spirit.

In this 'frame' of conscious awareness, many people here access and create new types of Light-based Technologies, new community living, new systems of government and equitable food/resource distribution systems.

All have received specialist training and skills to help create and manifest the New World - the 'Golden Age'.

12. TWELFTH LEVEL

The continuation of the Creation and Implementation of New World systems. By this phase you hook up with other 12th level initiates who bring into existence: new governments, new financial & educational systems, and better system of food/resource allocation etc.

Everything will be redefined in the final stages of Earth's Ascension so that ALL may exist in joy, equality, and harmony. By this time, the planet and her inhabitants will have been 'rewoven' into the Light, to shine in their full glory - as the final stages of the Divine Plan unfold.

The planet goes direct into the Light; shifts out of this dimension, and, is brought into a multi-star system where everyone operates from the Light-body and follows Spirit in Total Mastery.

All parallel Earth realities are rewoven and absorbed back to Spirit/Source Light, and humanity have aligned their will to the Divine.

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Source:

www.cedar-rivers.com/articles/consciousness-spirituality/70-ascension-symptoms-from-homo-sapien-to-homo-luminous.html