

No, You Are Not Going Crazy — It's Part of Ascension (The Shift)



PLEASE NOTE: THE FOLLOWING INFORMATION IS BASED ON WORK PRESENTED BY SAMUEL GREENBERG'S ORIGINAL LIST AND IS NOT AUTHORED BY DR. NICKERSON.

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Before you read this, realize that you are okay and that what you are experiencing is "The SHIFT". This is a normal process when the universal vibrational energy forces you to rise above your normal 3D level of existence here on Earth. It's all okay.

Ascension Symptoms

1. Feeling as though you are in a pressure cooker or in **intense energy**; feeling stress. Remember, you are adjusting to a higher vibration and you will eventually adjust. Old patterns, behaviors and beliefs are also being pushed to the surface. There is a lot going on inside of you.
2. A feeling of **disorientation**; not knowing where you are; a loss of a sense of place. You are not in 3D anymore, as you have moved or in the process of moving into the higher realms.
3. **Unusual aches and pains** throughout different parts of your body. You are purifying and releasing blocked energy vibrating at 3D, while you are vibrating in a higher dimension.
4. **Waking at night** between 2 and 4 a.m. Much is going on in your dream state. You can't be there for long lengths of time and need a break. This is also the 'cleansing and releasing' hour.

5. **Memory loss.** A great abundance of short term memory loss and only vague remembrances of your past. You are in more than one dimension at a time, and going back and forth as part of the transition, you are experiencing a 'disconnect'. Also, your past is part of the Old, and the Old is forever gone. Being in the Now is the way of the New World.

6. **'Seeing' and 'hearing' things.** You are experiencing different dimensions as you transition, all according to how sensitive you are and how you are wired.

7. **Loss of identity.** You try to access the Old you, but it is no longer there. You may not know who you are looking at in the mirror. You have cleared much of your old patterns and are now embodying much more light and a simpler, more purified divine you. All is in order, You are okay.

8. **Feeling 'out of body'.** You may feel as though someone is talking, but it is not you. This is our natural defense mechanism of survival when we are under acute stress or feeling traumatized or out of control. Your body is going through a lot and you may not want to be in it. My ascension guide told me that this was a way of easing the transition process, and that I did not need to experience what my body was going through. This only lasted a short time. It passes.

9. **Periods of deep sleeping.** You are resting from all the acclimating and are integrating, as well as building up for the next phase.

10. **Heightened sensitivities** to your surroundings. Crowds, noise, foods, TV, other human voices and various other stimulations are barely tolerable. You also overwhelm very easily and become easily overstimulated. You are tuning up. Know that this will eventually pass.

11. **You don't feel like doing anything.** You are in a rest period, 'rebooting'. Your body knows what it needs. In addition, when you begin reaching the higher realms, 'doing' and 'making things happen' becomes obsolete as the New energies support the feminine of basking, receiving, creating, self-care and nurturing. Ask the Universe to 'bring' you what you want while you are enjoying yourself and having fun.

12. **An intolerance for lower vibrational things** of the 3D, reflected in conversations, attitudes, societal structures, healing modalities, etc. They literally make you feel 'sick' inside. You are in a higher vibration and your energies are no longer in alignment. You are being 'pushed, to move forward; to 'be' and create the New.

13. **A loss of desire for food.** Your body is adjusting to a new, higher state of being. Also, part of you does not want to be here anymore in the Old.

14. **A sudden disappearance of friends,** activities, habits, jobs and residences. You are evolving beyond what you used to be, and these people and surroundings no longer match your vibration. The New will soon arrive and feel so-o-o-o much better.

15. **You absolutely cannot do certain things anymore.** When you try to do your usual routine and activities, it feels downright awful. You are evolving beyond what you used to be, and these people and surroundings no longer match your vibration. The New will soon arrive and feel so-o-o-o much better.

16. **Days of extreme fatigue.** Your body is losing density and going through intense restructuring.

17. **A need to eat often** along with what feels like attacks of low blood sugar. Weight gain, especially in the abdominal area. A craving for protein. You are requiring an enormous amount of fuel for this ascension process. Weight gain with an inability to lose it no matter what you do is one of the most typical experiences. Trust that your body knows what it is doing.

18. **Experiencing emotional ups and downs;** weeping. Our emotions are our outlet for release, and we are releasing a lot.

19. **A wanting to go Home,** as if everything is over and you don't belong here anymore. We are returning to Source. Everything is over, but many of us are staying to experience and create the New World. Also, our old plans for coming have been completed.

20. **Feeling you are going insane,** or must be developing a mental illness of some sort. You are rapidly experiencing several dimensions and greatly opening. Much is available to you now. You are just not used to it. Your awareness has been heightened and your barriers are gone. This will pass and you will eventually feel very at Home like you have never felt before, as Home is now here.

21. **Anxiety and panic.** Your ego is losing much of itself and is afraid. Your system is also on overload. Things are happening to you that you may not understand. You are also losing behaviour patterns of a lower vibration that you developed for survival in 3D. This may make you feel vulnerable and powerless. These patterns and behaviours you are losing are not needed in the higher realms. This will pass and you will eventually feel so much love, safety and unity. Just wait.

22. **Depression.** The outer world may not be in alignment with the New, higher vibrational you. It doesn't feel so good out there. You are also releasing lower, darker energies and you are 'seeing' through them. Hang in there.

23. **Vivid, wild and sometimes violent dreams.** You are releasing many, many lifetimes of lower vibrational energy. Many are now reporting that they are experiencing beautiful dreams. Your dream state will eventually improve and you will enjoy it again. Some experience this releasing while awake. My mother commented one day that she believed I was having nightmares in the daytime.

24. **Night sweats** and hot flashes. Your body is 'heating' up as it burns off residue.

25. **Your plans suddenly change** in mid-stream and go in a completely different direction. Your soul is balancing out your energy. It usually feels great in this new direction, as your soul knows more than you do. It is breaking your 'rut' choices and vibration.

26. **You have created a situation** that seems like your worst nightmare, with many 'worst nightmare' aspects to it. Your soul is guiding you into 'stretching' into aspects of yourself where you were lacking, or into 'toning down' aspects where you had an overabundance. Your energy is just balancing itself. Finding your way to peace through this situation is the test you have set up for yourself. This is your journey, and your soul would not have set it up if you weren't ready. You are the one who finds your way out and you will. Looking back, you will have gratitude for the experience and be a different person.



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