

Coping with the effects of Ascension

www.angelcreations.co.uk

Although the effects of the energy shifts can be quite difficult to cope with at times; there are several things you can do to help yourself. If you follow at least some of this guidance from the angels of Ascension it will ease things for you.

- Be gentle with yourself. Realise that sometimes you need time out to rest. Don't push yourself too hard; listen to your body!
- Follow your inner guidance/instincts and listen to any loving guidance you are given from your angels and guides
- Eat a 'lighter', healthier diet with less chemicals and toxins and drink plenty of clean water
- Take steps towards following your true soul path
- Make time to connect with angels, guides and loved ones for guidance
- Allow your true self to shine; do not allow others to repress you
- Take time for meditation, breath work and gentle exercise such as yoga
- Ask for or have healing to release past hurt, emotions and unforgiveness. Let go of painful past lives by having healing on a soul level. You can ask to have this from the angels whilst you sleep.
- Remain in a positive mind-set as much as possible and focus on 'Joy' to attract more of that energy to you (you can ask Archangel Jophiel for help with this)
- Remember that 'love is everything' and act and speak in a loving way as much as possible. Have heart chakra healing/balancing to allow you to really feel, express and give unconditional love.
- Shine your light
- Try creative pursuits such as writing and painting as a way of expressing yourself and releasing/letting go; as well as a form of meditation
- Above all else, ask Archangel Metatron and his team of Ascension angels to help and guide you (especially in the next few weeks). Ask them to help you take positive steps forward and give you healing when needed.