

Experiences of Ascension & Effects of energy shifts

Some of you may have been experiencing feelings and symptoms over the last few months and had days or weeks where you just haven't felt quite right. The energy of the earth is quickening and there have already been several major energy shifts this year. Those of us that are already awakened 'lightworkers' are very sensitive to these energy changes. Here is a summary of some of the symptoms and experiences you may have noticed recently or might do in the weeks to come:

- Feeling 'stuck', blocked from moving forward; held back.
- At other times feeling that everything is moving really fast and time is just disappearing.
- Feelings of excitement for no particular reason; a sense of something wonderful about to happen.
- Having the urge to make sudden major life changes or those close to you are making major life changes including relationship break ups, wanting to move away, change of career and so on (most of these changes are to bring you closer to your soul path).
- Having communication difficulties both in personal and business relationships and situations.
- Feeling very low, depressed and anxious; sometimes restless.
- Having mini 'flu-like' episodes or just shivers and temperature flushes.
- Having palpitations, light chest pain or tightness and heart flutters.
- Fuzzy head, fogginess, headaches or migraines.
- Waking in the night and not being able to settle (sometimes feeling like you are buzzing).
- Being strongly drawn to certain colours; especially heart colours (green and pink) or communication colours (blue and indigo).
- The feeling that the time is 'now'. It's now or never. Particularly with life-long dreams and goals.
- Asking more questions about spirituality; researching more; the urge to learn more.
- Feeling the need to follow a different path and to find out your soul's purpose for being here.