

LIMITLESS

THE
ASCENSION
GLOSSARY

ASCENSION GLOSSARY



ASCENSION: The physical process of raising our vibration from 3D to 5D frequencies.

BALANCED HARMONICS: Balanced energy 49/51% for masculine and feminine vessels.

BODY LIGHT UPS: Truth bumps or body chills that demonstrate your body is recognizing truth in that moment.

CHAKRAS: Our 7 energetic centres or points within our physical vessels, that rule different parts of our body.

CUTTING CHORDS: An intention to cut energetic chords with everything and everyone. This intention ensure you are working purely with your own energy and not taking on other people's stuff.

DENSITY: Built up lower emotions and thoughts that create pain, illness and disease if not processed and released.

DYSFUNCTION: Programming that stems from the EGO mind and belief systems carried through DNA.

EGO: The lower thought programming that keeps us in a low frequency - this is the Mind.

ASCENSION GLOSSARY



EMBODIMENT: Embodying your greatest and grandest version - your Higher Self.

ENERGETICS: The frequency and vibration of a person, place or thing.

FANTASY: Attaching to information or the external, and not being present in the now.

GALACTICS: Our brothers and sisters in the etheric realm who are supporting us in the Earth's Ascension.

GROUNDING: Centering your energy through connecting with Mother Earth, barefoot on the ground, breathing, or using tools like organic tobacco or coffee.

HIGHER SELF: Our angelic self, our soul, which is anchoring into our physical vessels through our awakening.

INNER EARTH: The realm of Earth that lies at the center in a 5D frequency.

KARMA: Lessons and blessings we receive from our choices and actions.

ASCENSION GLOSSARY



PORTAL: A portal is a jump where we shift onto a different timeline. These can occur collectively or individually.

PLASMA: The 5th element which makes up everything in the Universe. A divinely intelligent, conscious element.

PURGING: Releasing density from the body through sweating, vomiting, crying, release ceremonies etc.

REHEART: To recall or remember something, or to help another remember.

SCHUMANN: The Schumann Resonance measures the frequency of the Planet, which we are all connected to.

SPINNING: When our system is overwhelmed and we are unable to stay grounded and centered.

SYNCHRONICITIES: Magical, "coincidental" events or signs that confirm we are on the highest timeline.

TAKERS: Those who suck energy without giving anything in return, they feel entitled. This is done both consciously and unconsciously.

ASCENSION GLOSSARY



TAPPING IN: This is where we connect with our angels and higher self, Our Angels, Source, to ask and receive information or guidance.

TIMELINES: These are existing realities that are all possible and existing at once. These change based on choices and vibrations we collectively carry

TIPPING POINT: The point at which a certain number of beings reach 5D frequencies, which tips the scales of consciousness.

TRANSFORMATION: To become aware of a programming and choose to release and dissolve it.

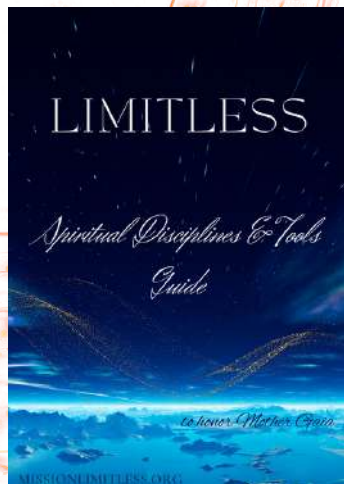
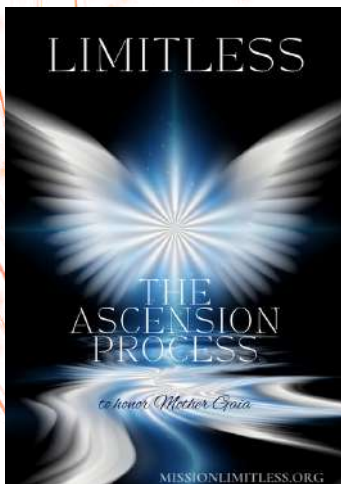
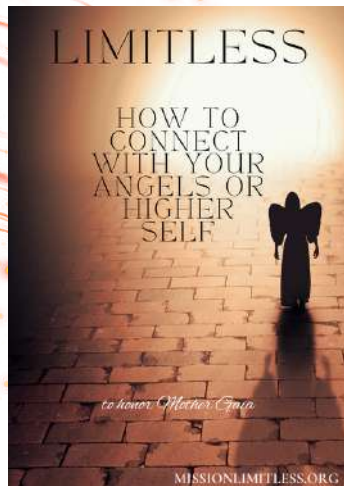
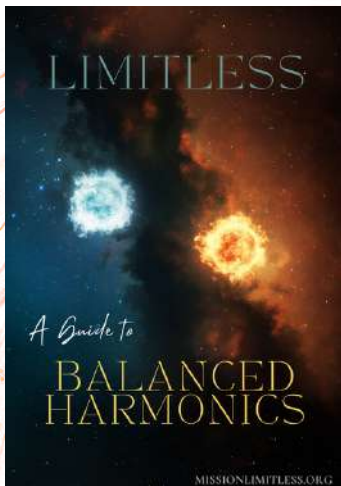
TRANSMUTATION: To process a lower energy and release it from your vessel.

UPGRADES: When high frequency Light is entering the planet and our bodies are adjusting to new levels. Our systems are upgrading.

VORTEX: A vortex is a whirl of energy that can either spin you in or spin you out. This occurs when there is a clashing of energy.

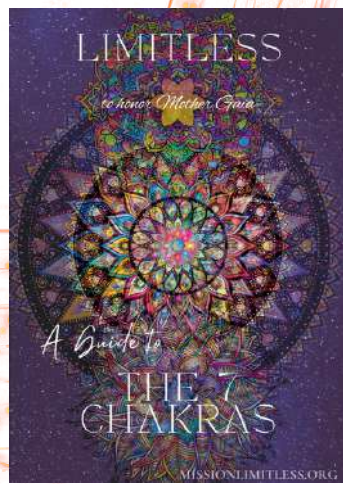
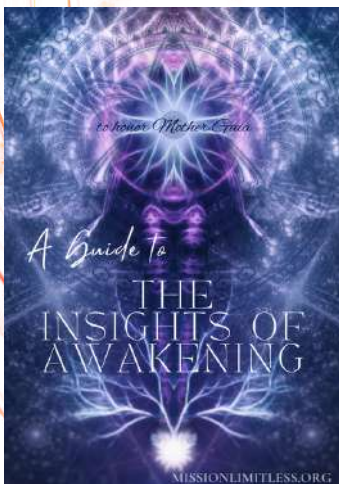
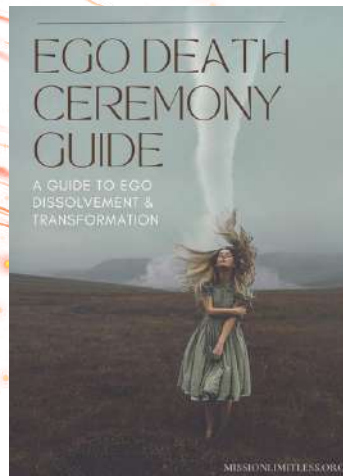
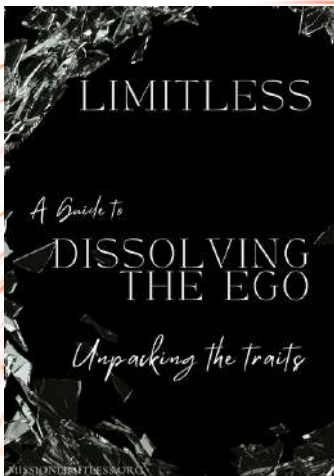
For more information on navigating the Ascension process, we have more content, guides and resources shared on our website.

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